



Seeds of Gold

TOP HONOURS: Farmer has stirred up a banana revolution in her village that has caught the President's eye



Ruto's secret weapon to hush county bosses P.5

SATURDAY NATION

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INDEX

News	P. 2-9
Opinion	P. 12-14
Letters	P. 16
Weekend	P. 19, 20, 37-40
World	P. 41-44
Business	P. 45-47
Sport	P. 51-56

JUSTICE | Case against Kenyan leader arises from the 2008 post-election violence

MPs recalled ahead of Uhuru's Hague date

>> National Assembly and Senate members to hold a special sitting on Monday **>>** President is expected at The Hague for a status conference of his crimes against humanity case on Wednesday **>>** Should he go, he will be the first sitting Head of State to appear before the court **Story Page 2**

Raila seeks new rules for ODM polls

BY ELISHA OTIENO
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The Orange Democratic Movement will change its nomination rules in a bid to end wrangles in election years.

Party leader Raila Odinga yesterday announced that primaries will be held a year to the General Elections to create time to resolve disputes.

This will also give unpopular candidates time to jump ship if they so wish, Mr Odinga said in Kanyuor village, in Migori County during the burial of Mzee Nelson Onyango, the father of his spokesman Dennis Onyango.

Mr Odinga said the Orange party experienced a lot of internal revolt in the run up to the 2013 elections due to rushed nominations.

"We had no time to correct the anomalies and this pushed popular candidates, who are our members, to get elected

CONTINUED ON PAGE 5

CHRONOLOGY

Election chaos led to charges

Mr Kenyatta who is charged as an indirect co-perpetrator, faces charges of murder, deportation or forcible transfer, rape, persecution and other inhumane acts

They originate from the 2008 post-election violence in which some 1,133 people were killed and nearly 600,000 displaced from their homes

But his case has faced obstacles due to lack of witnesses and evidence

His legal team has called for the case to be dismissed

The prosecution has accused the Kenya government of withholding crucial documents on Mr Kenyatta's business interests

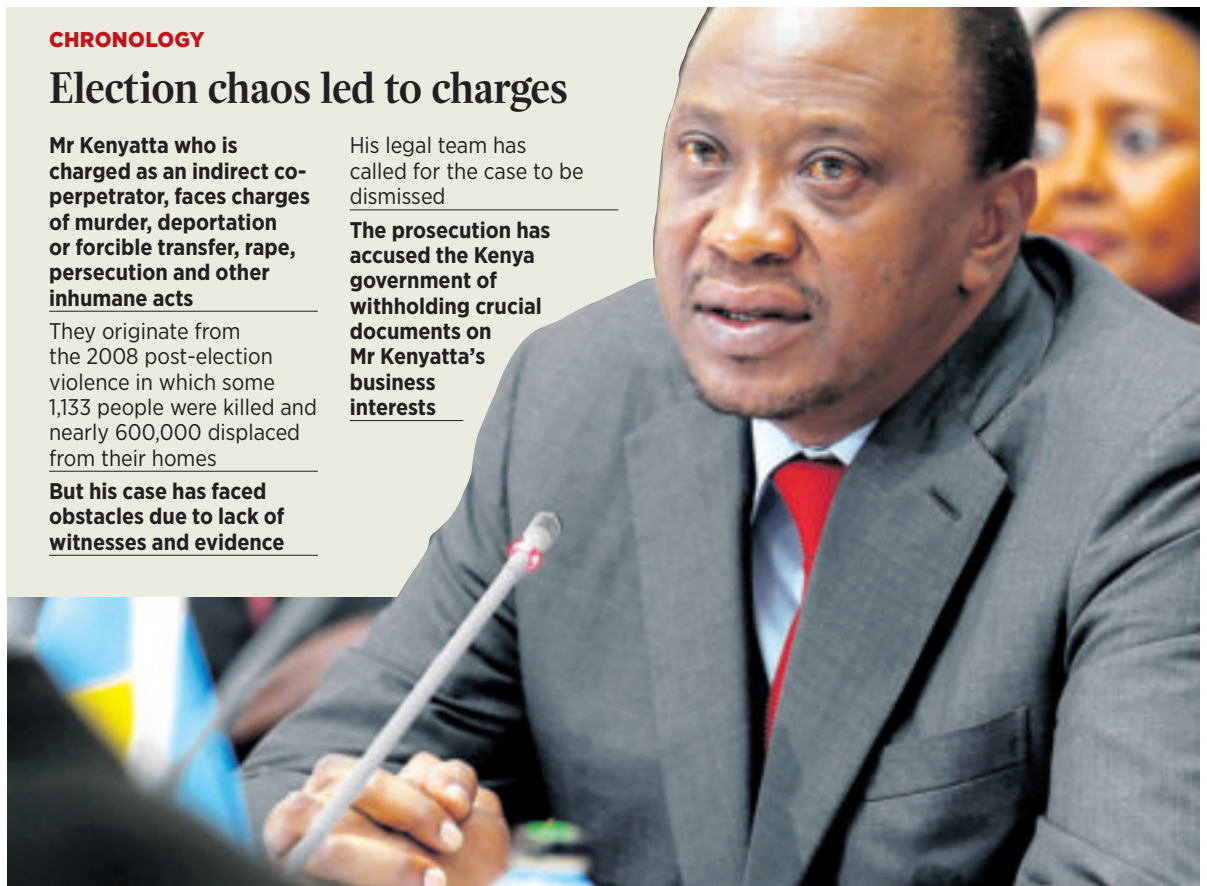


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SOLIDARITY | Up to 94 MPs said to be willing to accompany the President to the Hague-based court

Uhuru to address MPs ahead of his date with judges

The prosecution has accused the Kenya Government of hiding crucial documents on the case

BY JOHN NGIRACHU
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President Uhuru Kenyatta will address lawmakers on Monday ahead of his expected appearance before the International Criminal Court. The special sitting, coming just two days before the President is scheduled to become the first sitting Head of State to appear before the ICC, has raised expectations that he would address the matter.

Already a number of Government and Opposition MPs and some Cabinet Secretaries have collected visas to travel to The Hague for the hearing.

The President wrote to the Speakers of the Senate and the National Assembly and asked them to prepare for the special sitting.

Both Houses are on a break and so senators and members of the National Assembly will have to suspend their business in their constituencies and return to Nairobi to listen to the President on Monday afternoon.

Some, like Majority Leader Aden Duale, had used the break

to travel to Mecca for the Hajj. Last evening, the MPs were receiving text messages on their phones that read: “Mheshimiwa, please note that Pursuant to Article 132 (1) (b) of the Constitution, His Excellency The President will address a Joint Sitting of Parliament on Monday 6th October, 2014 at 3pm in the National Assembly Chamber. Kindly attend. Thank you. Justin B. Muturi & Ekwee Ethuro.”

Mr Muturi, the National Assembly Speaker, said the President was not required to inform the House in advance the subject of the special sitting.

“My only imagination is that it may be something about ICC,” he said last evening.

Speaking in Nakuru yesterday, President Kenyatta urged Kenyans not to be distracted by his summons by the ICC judges.

He did not give any hint as to whether he would honour the summons, but exuded confidence that the pending case against him would come to an end.

He was speaking at Dundori Gwa Kiongo trading centre in Nyandarua County after attending requiem Mass for Mr Joseph Kimemia Migwi, the father of the Secretary to the Cabinet, Mr Francis Kimemia.

The President’s case at the ICC arises from the 2008 post-election violence in which 1,133 people were killed and more



JENNIFER MUIRURI | NATION
Luanda MP Chris Omulele and his Starehe counterpart Maina Kamanda at The Netherlands embassy in Nairobi yesterday where they applied for visas to travel to The Hague for Mr Kenyatta’s status conference next week.

than 600,000 uprooted from their homes.

However, ICC prosecutor Fatou Bensouda has had problems because of lack of witnesses and evidence against Mr Kenyatta. She has accused the Kenya Government of intimidating witnesses and hiding crucial records on the President.

The Constitution says that the President may address Parliament at any time.

Mr Muturi quoted the Article: “The President shall address a special sitting of Parliament once every year and may address Parliament at any other time.”

The Speaker said the President had acted according to the Con-

stitution. “They write a letter to me and the Speaker of the Senate, which they did, indicating that the President wishes to address a special sitting of the Houses on Monday at 3pm and that we make the arrangements for that to happen,” he added.

The Speakers prepared a legal notice for publication in the *Kenya Gazette*. This was done last evening.

This sitting will however be different from others because Monday is not a typical sitting day for the Houses even if they were in session.

Both Houses of Parliament meet on Tuesdays, Wednesdays and Thursdays.

Each House has its own independently-controlled calendar but the President by law addresses the opening of each newly-elected Parliament, which he did last year.

Earlier this year, he also addressed the Parliament as required by the Constitution and submitted reports on progress made in realising national values and progress made in fulfilling Kenya’s international obligations.

Parliament’s special sitting comes as the number of MPs applying for visas to travel to The Hague continued to grow.

The Dutch embassy in Nairobi was forced to open on Friday due to the extra workload occasioned by the large number of MPs who want to accompany the President to the ICC.

Defend the nation

Their idea is that by going to The Hague at the same time as the President, they would be making a statement to the court, which they have characterised as interfering with Kenya’s sovereignty by summoning the Head of State.

Gatundu South MP Moses Kuria, who is among those organising the MPs, told the *Nation* that in the morning yesterday, they had 94 MPs willing to travel to The Hague and the numbers were growing.

“We are going to defend the nation because it is the nation on trial. It’s our sovereignty on trial and as representatives of the people, we’re going to stand by the President,” he said.

Lands Cabinet Secretary Charity Ngilu was at the embassy yesterday as well as opposition MPs Joseph Nkaissery and Simeon Ogari.

Mr Kuria said the MPs will seek access to the ICC public gallery.

“My only imagination is that it may be something to do with ICC”
Speaker Justin Muturi on Parliament’s special sitting

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Senate takes time off to tackle chaos in counties

BY SATURDAY NATION REPORTER

The Senate has adjourned for two weeks to try and end increasing chaos and supremacy wars in the counties.

The lawmakers unanimously agreed on Thursday evening that the House needed “full and undivided” attention to deal with the problems besetting a number of county governments and assemblies.

Restore order

The adjournment came barely 14 days after the House returned from a half-month recess.

The senators said their intervention was necessary to restore order in the devolved units.

Services in several counties have been affected by power struggles between assemblies and county executive members or governors.

Although their focus would mainly be on Makueni and Isiolo, the lawmakers said

more counties were facing similar problems.

Makueni is in a crisis because of turf wars pitting the county government and its assembly against Governor Kivutha Kibwana.

The Isiolo County Assembly has not been operating for more than two months now after the High Court overturned the impeachment of its speaker.

Uasin Gishu County Assembly recently sent home its speaker for alleged corruption and theft of funds.

In Embu, confusion continues to reign after the Court of Appeal overturned Governor Martin Wambora’s impeachment. Senators have vowing to challenge the court’s decision.

Moving the adjournment motion, Majority Leader Kithure Kindiki asked senators to use the adjournment productively and get to the bottom of the problems threatening the continued existence of the counties.

PAYBACK TIME | Chinese investor injects more than Sh2.2bn in project that will power towns and villages across Kenya

Toxic plant now money spinner, power source

Mathenge plant which had been the scourge of the village for ages, now gives residents reason to smile after investor sets up new factory

BY WYCLIFF KIPSANG
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Whenever the Mathenge plant is mentioned to Kenyans, it conjures up images of a toothless goat bleating in the High Court.

The toxic plant has, for a long time, been in the news for all the wrong reasons, with farmers blaming it for the deaths of hordes of their goats and rendering others toothless.

Seven years ago, the High Court ordered the government to compensate farmers for the losses.

And last year, the Ilchamus community in Baringo County hit the headlines when they went to the High Court claiming the plant was harming their livestock. They took a toothless goat to the court as an exhibit.

But all that is no longer on the minds of farmers in Baringo County.

Mathenge, known by the scientific name Prosopis, has turned a new leaf and is set to give a bountiful payback, not only to Baringo residents but the whole of Kenya.

Mr Jorwin Lekirerio, a resident of Iling'arua in Baringo South Sub-County, has been making a living from burning and selling charcoal from the plant.

But due to unregulated prices,

unscrupulous middlemen have been buying his and other villagers' charcoal at throw-away prices and making a killing in the towns.

"We have no option but to sell it to them for our children to eat and go to school after our crops failed due to drought," Mr Lekirerio, a father of four told the *Nation*.

However, he and other villagers will soon have reason to smile if a massive investment by a Chinese firm is a success.

The plant is set to power towns and villages across the country, thanks to Cummins Cogeneration Kenya Limited, which has injected more than Sh2.2 billion to set up a factory that will generate more than eight megawatts of electricity by May next year. The electricity will be sold to Kenya Power.

The company's managing director, Mr Yash Krishna, said this was the only effective way the plant, which has been a thorn in the flesh of Marigat residents for years, can benefit them.

No poisonous fumes

"This is very positive project for Baringo County. We will employ eco-friendly gasification technology, so no poisonous fumes will be emitted. We are in the final stages of setting up the factory and are waiting for the last equipment to arrive at the port of Mombasa soon," Mr Krishna told the *Saturday Nation* during a tour of the factory.

He said the ambitious project is one of its kind in Kenya but more factories would be opened in areas where the plant thrives like Turkana, Lamu, Eldoret, Thika, Kisumu, Kericho, Marsabit, Garissa and Taita-Taveta.

In Baringo, residents from Mathenge zones have started supplying the factory, earning Sh1.60 a kilogramme.

They have organised themselves into seven community-based organisations to exploit the plant.

"All the residents have to do is transport the cut trees to various collection points and our tractors will collect them. When fully commissioned, the factory will need 80,000 tonnes annually," said Mr Krishna.



JARED NYATAYA | NATION
Cummins Cogeneration MD Krishna explains how electricity will be generated from the Mathenge plant at Marigat in Baringo County yesterday. The factory will produce 8.4 megawatts of power. Below left: The Mathenge plant, which has been a thorn in the flesh for farmers for years.

said their region, where the plant grows extensively, was shortchanged as the factory should have been located in Ng'ambo instead to Marigat.

"The Cummins website shows the factory should be at Ng'ambo. We were not consulted on the relocation and we feel the project was hijacked by politicians despite an agreement with by the community," he said.

Mr Krishna, however, said the factory was moved after an Environmental Impact Assessment was carried out.

"The assessment established that Ng'ambo is prone to floods which would have posed a threat to the multi-billion project. Besides being close to the main road, the site is also near the national grid, which will make it easy for us to supply the electricity," Mr Krishna said.

Mathenge is an exotic plant that was introduced several years ago to curb desertification and provide fuel in the arid and semi-arid lands (ASALs).

The plant quickly became invasive and now occupies an area

of over 600 square kilometres in more than six counties.

Baringo Governor Benjamin Cheboi has pledged that the county government would offer a conducive environment for investment by beefing up security in volatile areas in conjunction with the national government.

"Baringo County is very rich in resources which have also attracted investors like the Geothermal Development Company, which is set to roll out a project that will generate more than 3,000 megawatts of electricity. This project will create employment for thousands of our people," said Mr Cheboi.

The county government has also signed a Sh6-billion memorandum of understanding with another Chinese firm, Chuan-shan International Company, to mine Diatomite which will see the production of more than 200,000 tonnes of the mineral every year.

"These investments mark an important milestone in the county's quest to achieve accelerated development," Mr Cheboi said.

“

All the residents have to do is transport the cut trees to various collection points and our tractors will collect them”

Yash Krishna, Managing Director

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PLEBISCITE | Uhuru allies agree to speed up approval of financial reports to boost cash to counties

Jubilee plot to scuttle Cord's call for vote

Team already set up to address issues raised by referendum backers

BY ISAAC ONGIRI
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President Kenyatta's allies have hatched a plot to scuttle Cord's push for a public vote.

The *Saturday Nation* has learnt that Jubilee leaders have agreed to speed up the approval of the most recent audited financial reports which will boost the cash to the counties.

This, Jubilee strategists believe, will take the winds off the referendum ship sails or at least get the governors' push for a plebiscite out of the way.

This week, the Public Accounts Committee finalised the processing of three reports, the 2010-2011, 2011-2012 and 2012-2013. The reports form the basis for the allocation of revenue to the counties.

But as the Jubilee leaders plan to counter the Cord drive by dealing with the main campaign issue revolving around devolution, the opposition is mapping the country in readiness for a showdown with the government.

Nominated MP and The National Alliance chairman

Johnson Sakaja told the *Saturday Nation* yesterday that a team comprising of MPs, Governors and technocrats, had been set up to look into the legislative means within which to address the devolution issues raised by the referendum supporters.

"We believe the concerns of the governors are genuine and can be addressed by looking into legislative issues without necessitating constitutional amendment," Mr Sakaja said.

He added that the Jubilee administration was ready to approve all audit reports presented before it so as to increase county government allocations to 40 per cent of the latest audited accounts.

21

Number of governors said to have ditched Pesa Mashinani drive.

The PAC team led by Budalang'i MP Ababu Namwamba is retreating next week to write a report of the three audits in their possession.

"We have met the Speaker, the Clerk and the entire parliamentary leadership to raise concerns over the delay in processing of audit reports," Mr Namwamba said.

He added that they had a new agreement that things

must happen within the specific timelines.

On the Pesa Mashinani campaign, 21 governors have so far dropped out of the initiative but the Council of Governors group led by Bomet Governor Isaac Ruto has retained the support of 26 county bosses.

A recent opinion poll by Ipsos Synovate indicates that the referendum debate has caused excitement in Coast and Nyanza regions, each tallying 55 per cent and 57 per cent respectively.

The remaining six regions appear to be lukewarm in either supporting the Pesa Mashinani initiative or the Okoa Kenya push by Cord.

But Machakos Senator Johnstone Muthama said once the campaigns were rolled out, things would change in their favour.

"We are yet to begin our campaigns. We have set up a secretariat and worked on an elaborate campaign plan. For now we are familiarising ourselves with the public to inform them about the issues," Mr Muthama said.

He said that Cord was yet to set regional campaign teams and leaders, but stated that a decision on that would be made soon.

The campaign's technical committee chairman Paul Mwangi said tallying of the signatures collected across the country had begun.

Mr Mwangi said their



PHOTO | PCSU

President Kenyatta presents an award to Ms Juliet Natumoi Kilanya yesterday at State House, Nairobi. Ms Kilanya was one of the winners of this year's presidential Gold Award in the individual category. The President's allies are plotting to scuttle the referendum drive.

campaign headquarters and regional offices were involved in the confirmation of the signatures which are required by the Constitution to allow the electoral commission to take over the next stages of the referendum bid.

"Once we verify that we have collected one million

signatures, we will submit them to the IEBC for verification and acceptance," he said.

Should the IEBC approve that the signatures are legitimate, it will herald the next step in the push for the referendum with the commission taking over the process.

Knut calls for teachers' referendum

BY SATURDAY NATION
CORRESPONDENT

A union says it will call for a referendum to address teachers' grievances.

The Kenya National Union of Teachers' push will be the third call for a plebiscite after Cord's Okoa Kenya and governors' Pesa Mashinani.

Knut Chairman Mudzo Nzili told more than 1,000 teachers, students and parents of Ronald Ngala Primary School, Mombasa that teachers would push for a referendum dubbed Pesa Mashinani to address challenges in the education sector.

He was speaking yesterday during celebrations to mark the World Teachers' Day.

Followers and bystanders

He said they would address issues to do with poor remuneration, quality of teaching tools, proper teaching environment and materials, employment of more tutors, insecurity in schools and infrastructure.

"Kenya has a lot of money which senators, governors and MCAs have been asking for," he said.

He said if Kenyans voted for the Pesa Mashinani referendum, the money would be used to improve students' and teachers' welfare as well as building more schools.

"We are tired of being followers, bystanders and passive. We want teachers to wake up and demand that the government takes money to schools. Let us walk this road," he said.

Mr Nzili asked parents to join in the push for it would stop harambees for construction of schools, toilets, among other things.

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REFERENDUM TALK Bomet, Kericho and West Pokot governors still sticking to their guns

Ruto deploys carrot and stick tactic

DP heads to Central Rift tomorrow in multi-pronged offensive against URP governors clamouring for the popular vote to increase county funding

BY BARNABAS BII
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AND WANJIRU MACHARIA
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Deputy President William Ruto will be in the Central Rift tomorrow as he pursues a multi-pronged offensive against governors allied to his party who are clamouring for a popular vote to increase funding to counties.

Mr Ruto is using a carrot and stick strategy to win over the rebellious leaders. He will hold a meeting with leaders in Nakuru town and raise funds for a number of churches. The DP is expected to hold a closed-door meeting with county leaders at the Rift Valley Sports Club before presiding over the church fundraisers in Nakuru West constituency.

His host, Orange Democratic Movement MP Samuel Arama, said the Deputy President will be addressing a myriad of issues among them development, peace and reconciliation and 'maybe' the referendum matter.

Other sources however said the referendum issue was expected to feature at all the functions.

Nakuru governor Kinuthia Mbugua and most of the leaders in the region have gone public to brand it a "no-referendum



Deputy President William Ruto chats with Mr Fernando De Mateo, Mexico's Permanent Representative in Geneva yesterday. The DP attended a World Trade Organisation meeting.

DP/PS | NATION

zone."

Initially all the governors from Mr Ruto's Kalenjin backyard were vocal in their support for the Pesa Mashinani campaign. However, only three: Isaac Ruto (Bomet), Paul Chepkwony (Kericho) and West Pokot's Simon Kachapin now remain in the campaign.

Mr Chepkwony yesterday said he will not change his stand unless the government finds another way of increasing funding to counties.

"Governors are not saying it is man-

datory for them to take Kenyans to a referendum. The National Government has an alternative of sending a Bill to Parliament to raise funding for county governments. If this fails, we will meet in the referendum," he said.

His Nandi counterpart Cleophas Lagat quit the referendum train last weekend, saying he had listened to the voice of the people.

Dr Lagat made the decision on Sunday after months of pressure from the party that included a violent siege on his Kapsa-

bet office in which his chief of staff was seriously injured.

Saturday Nation has learnt the URP rebel governors were also threatened with party disciplinary action, impeachment motions and legal action over "illegally acquired" riches.

A highly-placed source told Saturday Nation that Jubilee Government insiders had launched investigations into how rebellious governors acquired "much wealth within a short period."

The DP is opposed to the twin referendum calls and the Nakuru visit is seen as a move to counter the recent launch of Pesa Mashinani campaign in Njoro.

Mr Ruto, and his lieutenants, senators Kipchumba Murkomen, Charles Keter and Stephen Sang, have also exploited the accountability questions stalking governors.

"Their inability and unwillingness to account for some of their spending had made their campaign unpopular. This made work easier for us because the ground has not shifted in terms of the support for the Jubilee Government. What the voters want is a partnership between the counties and the National Government," Mr Murkomen said yesterday.

He said he had been assigned to win over Uasin Gishu's Jackson Mandago, Dr Lagat, Mr Kachapin "and to keep the referendum outside Elgeyo-Marakwet."

The DP's camp has been fighting the referendum calls by linking the governors' Pesa Mashinani campaign to Okoa Kenya led by Cord Co-Principal Raila Odinga.

Additional reporting Timothy Kemei

ODM may hold nominations a year before General Election, says Raila

CONTINUED FROM PAGE 1

other party tickets," he said amid cheers. "I remember floating the idea in a party meeting before the polls but MPs shot it down. They argued that losers would get adequate time to defect but this time I am going to stand firm and primaries will be conducted 12 months before every General Election." Mr Odinga said members of the Orange party did not like "the way we conducted our nominations and others felt cheated and this caused us some seats".

During the last polls, "popular losers" from ODM moved to other parties and won in the subsequent General Election.

The nomination storm was kicked off by the Migori Governor Okoth Obado who demanded that people's wishes be respected by the party.

"We are all in ODM but we want the playing ground to be level for everybody. We must allow internal democracy to flourish," he said. Mr Obado who was elected on a Peoples Democratic Party ticket after losing the Orange nominations to Prof Edward Oyugi, said some people in Nyanza had perfected the art of buying nomination certificates from Orange House during primaries.

"Baba (father) help us remove this bad and unethical practice from the party. Certificates should be given to

popular candidates not highest bidders," said Mr Obado amid applause.

On referendum, Mr Odinga said continued skewed distribution of public resources and jobs had strengthened their resolve to push on with the plebiscite. He said devolution was under threat from people who opposed the new Constitution and all Kenyans must stand up to defend it.

"We are going to the referendum no matter what they say. We are focused on how to develop all regions, irrespective of political allegiance of a community," Mr Odinga said.

The Jubilee administration, he added, always urges all Kenyans to pay taxes but only a few are favoured during distribution of public funds. Mr Odinga demanded that all land issues be handled by the County Land Boards and the National Land Commission and "not the busy bodies appointed to interfere

with the sensitive and emotive subject". He announced that Cord will not participate in the next polls with the current IEBC as constituted. "We will not participate in another sham election and this time we are more than serious," he said.

The Cord leader said devolution had saved Kenyans from "sending delegations to State House to beg for goodies and called for protection of devolved units". Mr Obado complained to Mr Odinga that deputy Minority Leader in the National Assembly Jakoyo Midiwo and Siaya Senator James Orengo were interfering with his administration.

"They have colluded with some unpopular leaders to undermine me and my administration. Help me tame these guys," he pleaded. Suba MP John Mbadi, Suna West MP Joseph Ndiege and Homa Bay County MP Gladys Wanga told national government leaders to stop bothering Governors to account for money given to them when their administration was "stinking of graft, nepotism and inefficiency".

They told the Jubilee administration to first account for public funds they have collected from Kenyans. The two leaders also demanded increased security for Mr Odinga in the wake of the Kwale clobbering.

Mr Odinga claimed his attacker was sent by somebody and "I am now going to deal with the sender".

“

Nomination certificates should be given to popular candidates”

Migori Governor Okoth Obado

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POLITICS | Drive to collect signatures for dissolution launched

Makueni residents seek MCAs ouster

Kivutha accuses assembly members of stalling projects by delaying Bills

BY LILLIAN MUTAVI
lmutavi@ke.nationmedia.com

Makueni residents yesterday launched a campaign to collect signatures for the dissolution of the devolved government following persistent wrangles between the county executive and the assembly.

The "Operation Okoa Makueni" drive kicked off at Unoa grounds in Wote Town where Governor Kivutha Kibwana talked on the state of the county.

Prof Kibwana told residents that the county continued to lag behind in development because the assembly had been dysfunctional since ward representatives got into power.

The reps had not passed key Bills to allow the executive to implement projects.

"The funds allocated for the projects could not be used because the Bills allowing the expenditure from the assembly were not passed," said the governor.

Prof Kibwana said the MCAs were against him and had started a process to impeach him for declining to allocate them Sh900 million they demanded despite a Sh356 million ceiling.

"The elected leaders (MCAs) are not supporting me since I am the only leader who is fighting for the people's resources," he said.

The county boss added that the assembly members had not passed the sand

66

Funds allocated for projects could not be used since Bills allowing expenditure were not passed"

Makueni Governor Kivutha Kibwana

harvesting and reservation Bill to allow the lifting of the ban.

Prof Kibwana claimed that the speaker, Mr Stephen Ngelu, was the one running the county as the MCAs followed his words unquestioningly and did not have a mind of their own.

He said that funds allocated to women, youth and the disabled were still in the account as the assembly members had not given legislative directive on distribution.

The governor said a scrutiny of the Executive would be done by residents and if officials were found to have misappropriated the funds they would have to resign.

"All the accountability will be determined by the people and those guilty of misappropriation will have to resign," he said.

On September 23, six people were injured during a confrontation between Prof Kibwana and the MCAs. The governor accused the assembly of hiring goons.

SOLEMN MOMENT | Raila aide's father laid to rest



DENNISH OCHIENG | NATION

Cord leader Raila Odinga and his wife Ida console Mr Dennis Onyango, the politician's communications director, at Ageng'a Village in Nyatike, Migori County, during the burial of his father yesterday.

Top court backs new parking rates

BY SATURDAY
NATION REPORTER

The Court of Appeal yesterday upheld an earlier ruling by the High Court dismissing a petition by matatu operators to block the Nairobi City county government from increasing parking charges from Sh140 to Sh300.

The judgement by the top court now puts to rest the issue about parking charges and

motorists will have to continue paying the new charges.

Dismissing the case, Lady Justice Agnes Murgor said the county government was well within the law to review levies and regulate them depending on the circumstances surrounding such a move.

Petitioners had cited

She said the Traffic Act, which was what the petitioners had cited as contravened, gave

the county government powers to regulate parking fees and traffic flow in the city.

"The county government can use any method to calculate any levies or rates to be charged to the residents," Lady Justice Murgor said. The appeal was filed by Lawyer Harrison Kariuki on behalf of 26 licensed PSV operators, who challenged the constitutionality of the County's Finance Act, which was passed last year.

Special Feature

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DAILY NATION

In your **SUNDAY NATION** Tomorrow



New Tenders page in the Sunday Nation

Are you in the Supplies business? Then you are in good company in the *Sunday Nation*. Tomorrow, we continue with our regular page that collates tenders advertised by the national and county governments across the country. If you missed the announcements in the newspapers or online, be sure to catch the highlights weekly in the *Sunday Nation*.

Why the President no longer fears the ICC

It appears that the initial mystery about the consequences of going before the ICC has been replaced by an understanding that there is no hidden threat behind the summons for President Uhuru Kenyatta to appear before the court. Previously, there was widespread suspicion that a summons to appear was a trick to arrest and lock up the Kenyan leadership once they set foot in Europe. Read the most authoritative analysis of the President's expected appearance at The Hague on Wednesday and why he no longer fears the Court.



Banks, property owners in crisis over new leases

The differences between Lands minister Charity Ngilu and the National Land Commission have blown over into the property market and are causing a gridlock. The new tug-of-war is about whom between the minister's appointee and the commission should renew leases. We bring you details of how the dispute is causing ripples in the property market.

And now, cash for airtime

A new on-line application which allows mobile phone users to buy and transfer airtime between different SIMs regardless of the operator as well as exchange airtime for cash, has caught the eyes of top dogs in the innovation industry. Read the amazing story of five former university students whose Chura application is taking them places.



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JOBS | Radical changes to be made in the service

More than 100 senior police officers to go

Commissioner of Police to be in charge of the devolved units after the changes

BY FRED MUKINDA
fmukinda@ke.nationmedia.com

Radical changes will be made in the police service in the counties.

New county bosses will be named who will be known as Commissioners of Police.

The current officers heading counties, together with more than 100 other senior officers, will leave the service because their ranks were abolished.

However, some of them may be retained or given other duties.

National Police Service Commission chairman Johnston Kavuludi said: "In abolishing the ranks, one of the unfortunate outcomes is that some officers will have to go home."

Ranks abolished are sen-

ior deputy commissioner, deputy commissioner, senior assistant commissioner and assistant commissioner.

The abolished ranks are held by 196 officers some who are serving as county commanders.

The changes will be made after a sitting of the full police service commission. It is not known when it will sit.

The police service has introduced the ranks of senior assistant inspector-general and assistant inspector-general, which were gazetted by Interior Cabinet Secretary Joseph ole Lenku three months ago.

According to sources, there are between six and 10 slots available for the senior assistant inspector-general.

196

The number of ranks the National Police Service Commission has abolished in the force.

They will be in charge of directorates at the national headquarters of the Administration Police and Kenya Police. They will be deputised by less than 30 assistants.

Below them would be Commissioners of Police, in charge of counties.

Most senior officers will, therefore, be sent home.

But there is a reprieve, which however, will benefit only a few of them who will be given letters recommending them for redeployment to other government departments.

There is also the unlikely situation that some senior officers would be demoted.

While appearing before Parliamentary Committee on Administration and National Security on Thursday, Mr Kavuludi said shortlisting for the new ranks is complete.

Saturday Nation established that the commission started vetting senior officers last year.

The vetting began last year with the aim of sending home officers found to be corrupt,

CRAFT | Home-made chairs for sale



JACOB OWITI | NATION

Mr Kennedy Agie of Gem Kambare Village transports his home-made chairs to Wangarot Market in Kisumu County yesterday. He sells the chairs, which he makes from sticks, for Sh250 each.

Judge saved from being sent home



BY SATURDAY NATION
CORRESPONDENT

A judge has been saved from retirement until a case he has in court is heard and determined.

Mr Justice Leonard Njagi (above) of the High Court had been asked to retire at 70 years, but he says he ought to retire at 74.

Yesterday, Lady Justice Mumbi Ngugi ordered the Judiciary not to retire him until his case objecting to retirement at 70 is heard.

Lawyer Stephen Mwenesi told the court that when Justice Njagi was hired, he had been told that his retirement age was 74.

Mr Mwenesi also said the Judges and Magistrates Vetting Board ruled on June 26, 2013 that his client should not be sent home until he is 74.

Justice Njagi is among 35 senior judges who have been asked to retire.

Three of those who have objected to being retired will appear in court on October 6 for further directions.

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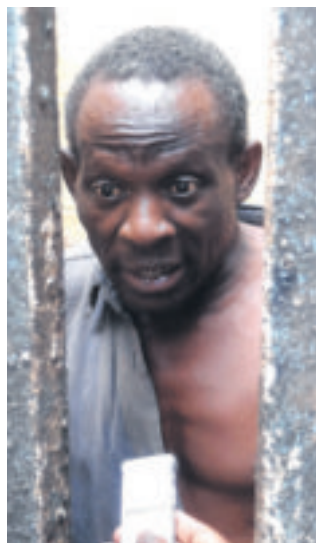
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Bank on better

State to go ahead with Raila attacker's case



BY SATURDAY NATION
CORRESPONDENTS

The State indicated yesterday that it will go ahead with the case against the man who whipped opposition leader Raila Odinga and Kwale Governor Salim Mvurya.

Assistant Director of Public Prosecutions Alexander Muteti told a Kwale court that Mr Lengo Karisa Mdzomba would remain in custody until the Director of Public Prosecutions gives direction on the case.

Mr Mdzomba (left) has pleaded guilty to two counts of assaulting the two leaders and a third one of causing a disturbance during the Mon-

day rally at Baraza Park in Kinango.

Mr Muteti said the third offence was not bailable.

He said DPP Keriako Tobiko would personally deal with the case because of major implications that could arise from it.

"It is in the public domain that cases of violence at rallies are on the increase and proper legal action needs to be taken to prevent them."

The case will be mentioned on October 7.

In the morning, Mr Mdzomba disowned a lawyer from Kithi and Company Advocates, who had gone to represent him, maintaining that he was guilty.

He said he would not change his plea "because the public is aware of what happened."

"I ask to be pardoned for attacking my chairman. I did so because I have a tumour and makes me violent when it pains," he said, as he unbuttoned his shirt to show a growth in his armpit.

He said had he not been wrestled to the ground, he would have hit many other people.

Meanwhile, Kwale Kaya elders yesterday appealed to Governor Mvurya to forgive Mr Mdzomba.

Speaking after paying a courtesy call on the governor in his office, Kaya elders

secretary-general Vincent Mwachiro said what happened on Monday was not right, according to their culture.

Mr Mwachiro said that among the Miji Kenda, it was wrong for a "chosen leader to be disgraced in public" and they would not remain silent on the issue.

"We were embarrassed and that is why we have come to apologise on behalf of the attacker," he said.

They asked the governor to find some time and talk to Mr Mdzomba to show that he bore no ill-will against him.

Mr Mvurya thanked the elders and said he had forgiven Mr Mdzomba.

BRIEFLY

NAIROBI

Man beaten to death outside city slum bar

A suspected gangster was beaten to death outside a pub in Mukuru-Hazina slums in Nairobi. The man was said to have entered the bar at 10pm on Thursday and started forcing patrons to buy him alcohol. A waiter, Mr Hezron Musee, said the man was thrown out of the joint after he broke the door to the counter. The suspect, who was in the company of another man, broke bottles and injured other patrons. A mob then attacked and killed him after noticing that he was armed with a home-made gun.

MBOONI

Shock as villager kills his own grandmother

A man yesterday allegedly killed his grandmother in Itedani Location in Mbooni West. The suspect attacked Mila Munyiva Nyamai, 60, at 8.30am. Area police boss James Barasa said: "He went to his grandmother's house and stoned her. He then picked up a hoe and hit her several times on the head." She bled to death. Police, who arrested the man, found medical examination documents indicating that he was being treated for a mental illness. They said he would be taken to hospital.

KISUMU

Man on rape charge gets Sh100,000 bond

A man was yesterday charged with rape. Mr Calvins Agwanda was accused of raping a woman with another man who was not in court. He was also charged with indecently touching the woman on August 11 at Kirembe, Kisumu, but he denied both charges and was released on a Sh100,000 bond. The case will be mentioned on October 21 and heard on November 5. The prosecutor has lined up four witnesses in the case being heard by Kisumu principal magistrate Thomas Obuttu.

ATROCITY | Deed in the dead of night sparks debate whether it was the work of activists or vandals

Mombasa's iconic tusks defaced

Red paint splashed on landmark in town as activists complete their handiwork with message condemning ivory trade

BY WACHIRA MWANGI

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Mombasa residents yesterday woke up to a shocking sight after the town's iconic tusks were defaced.

Unknown people, apparently in the dead of night, splashed the tusks on Moi Avenue with bright red paint and completed their handiwork with a touch graffiti: "Mombasa Not 4 Ivory Export".

By the time we were going press, no one had been arrested in connection with the vandalism.

Mombasa County Executive for Water and Environment Fatma Awale told the *Saturday Nation* the county government would take stern action against anyone found to have com-

mitted the atrocity.

"This is malicious. The tusks are not even made of ivory. They are a historic component of the county," she said.

Ms Awale warned vandals and other people with ill motives against vandalising county property, saying the long arm of the law would catch up with them soon.

Beef up security

"The county will not accept nor tolerate such behaviour. The person or people who did this chose an ivory-related feature to pass a message. If anyone wants to sign a petition, we are in agreement — Mombasa is not a selling point for ivory. We strongly condemn the killing of elephants, but somebody should not take it upon themselves to deface county property to pass on their message," she declared.

Ms Awale pledged to beef up security around the area and urged residents to participate in community policing.

Kenya Coast Tourism Association chairman Mohammed Hersi expressed disgust at the "bloody" sight.

Mr Hersi, who is also the Heritage

Hotels Kenya chief executive, said the tusks were a symbolic representation of Mombasa and defacing them was in bad taste.

"As the Kenya Coast Tourism Association, we have maintained this landmark for years. We certainly abhor any trade in ivory. I personally led a

REACTION

Officials condemn 'bloody' action

"This is malicious, the tusks are not even made of ivory. They are a historic component of the county"

County Executive for Water and Environment Fatma Awale

"For anyone to deface the tusks ostensibly to communicate their disgust for the ivory trade is totally unacceptable. We could easily put up a sign stating our stand on the ivory trade"

Coast Tourism Association chairman Mohammed Hersi

demonstration in the city condemning the ivory trade.

"For anyone to deface the tusks ostensibly to communicate their disgust for the ivory trade is totally unacceptable. We can easily put up a sign stating our stand on the ivory trade," he said.

He said there were much better ways to protest against something one did not agree.

The tusks are one of the island town's best known landmarks.

They were erected to commemorate Queen Elizabeth's visit to Mombasa in 1952. Ivory symbolised luxury and an exquisite commodity at the time.

Made of aluminium, the tusks mark the entrance to the heart of the town and most visitors make a stop for a photo opportunity.

The tusks also form the letter "M" for Mombasa.

The vandalism comes as the World Animal Day is to be marked globally today. On this day the world celebrates animal life in all its forms and humankind's relationship with the animal kingdom.

See commentary on page 17

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LABOUR REPORT | 58 per cent of public servants quickly approaching retirement age

Why Kenya should enlist more youth in civil service and invest in training

Study raises questions on the government preparedness on workforce succession and pension payment

BY OUMA WANZALA
owanzala@ke.nationmedia.com

Kenya is facing an ageing workforce which could strain the government in terms of paying pension, a study has shown.

The 2010/2011 National Manpower Survey report by the Ministry of Labour and Kenya National Bureau of Statistics, indicate that the labour force in the civil service has over 58 per cent of staff aged over 36 years compared to the private sector where 60 per cent of the workers are below 35 years.

According to the data, about three quarters (74.6 per cent) of the public service employees who responded to the survey were in the age range of 30 to 53 years.

A total of 443,625 civil servants drawn from 320 government institutions responded to the survey questionnaire.

"In this respect, 20.5 per cent of the workers were aged 42-47 years; 19.2 per cent were aged 36-41 years; 18.85 per cent were in age cohort of 48-53 years; while 16.75 per cent were in the 30-35 years category," indicated the study.

The report showed that 30.13 per cent of the public servants who responded to the questionnaire were youth aged 18-35 years.

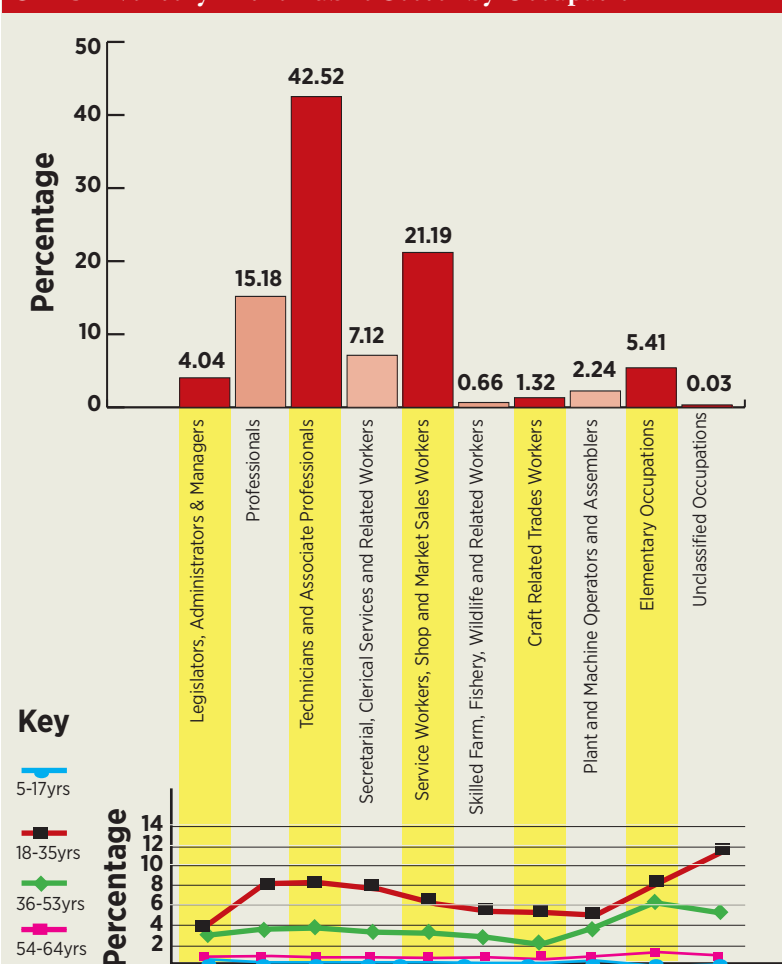
This means, most civil servants are in the middle and upper ages, which raises questions about succession planning and issues like managing pension income.

The government increased the retirement age to 60 years from the initial 55 years capping in 2009.

"Even though this policy shift can be seen within the light retention of critical skills, the dividends may not be forthcoming immediately. This is because no intervention has been made by the government to re-orient the thinking of the directly and indirectly affected employees to embrace the change as part of talent retention and succession planning strategy," states the study.

The research further noted that the youth may be facing challenges

Skills Inventory in the Public Sector by Occupation



Skills Inventory in the Private Sector by Occupation and Age

in getting government jobs due to issues such as such inadequate work experience, frozen public employment and path dependence.

"Some of the youth's skills may be in the technology-driven occupation, arts and music. The implication is that strategic interventions have to be made to address the barriers of youth employment," says the survey.

About 20,000 workers from government ministries, departments and agencies retire annually.

This financial year, Treasury Cabinet Secretary Henry Rotich allocated Sh36.6 billion to cater for pensions and other consolidated fund services.

The manpower survey was aimed at taking stock of national skills for proper human resource planning and

development. The main objectives of the study were to take inventory, characteristics and distribution of skilled manpower within the different sectors of the economy and those in the diaspora.

The study was to find out the number of vacancies and demands existing in the labour market and determine manpower shortages or surpluses and future requirements.

The survey also sought to establish the capacity of local training institutions in offering various programmes, identify the intake and out-turn of training institutions, and provide information to update the national occupational classification standards.

The research disclosed that there are disparities in the male-female ratios in the workforce both in the

public and private sectors with notable disadvantages to the females.

The skills ratios in both public and the private sector are also inconsistent with the international best practices. Vacant posts and skills shortage are mostly found in higher and middle level occupational groups.

There is a decline in numbers in the areas of agriculture, livestock, fisheries and tourism despite these being major sectors in the economy.

Speaking when he launched the survey, Labour, Social Security and Services Cabinet Secretary Kazungu Kambi said that the survey would be used to update the Kenya National Occupational Classification System of 2,000, and prepare a dictionary of occupations.

“

Interventions have to be made to address the barriers of youth employment”

Report

"These will be used by both employers and human resource practitioners in defining jobs and job requirements," said Mr Kambi, noting that an integrated national human resource development strategy would be developed to guide the planning and development of Kenya's human resource base to meet the country's development goals.

However, he said the report does not contain detailed analysis but it gives indications of areas and issues that need further attention in subsequent analysis that will make more meaning of the findings.

Mr Kambi added that the country had for a long time pursued active labour market policies geared towards addressing the existing imbalances between the skills demanded by the labour market and those supplied by education and training institution.

The CS observed that Kenya last undertook a similar survey in 1986-1988 and the information could not be relied upon in the present day to provide relevant information for formulation of human resource development, employment and other labour related policies.

He said the study covered public and private sectors of the economy, the informal sector and the Diaspora.

City takes lion's share of skilled workforce

BY SATURDAY NATION
CORRESPONDENT

Nairobi, Nakuru and Kiambu counties have the highest number of skilled civil servants while Lamu, Samburu and Nyamira have the lowest, a survey has shown.

The 2010/2011 National Manpower Survey basic report by the Ministry of Labour and Kenya National Bureau of Statistics notes that even in the private sector, Nairobi has the highest number of skilled workers estimated at 39.80 per cent of the 1.3 million private sector employees from 43,234 establishments that participated in the study.

Nakuru is a distant second at 9.18 per cent. Mombasa is third at 9.07 per cent. Wajir, Tana River and Mandera have the lowest number of private sector employees, accounting for an average of 0.02 per cent of the private sector employees surveyed.

Most private sector employees in Nairobi are professionals followed by technicians and associate professionals, plant and machine operators and assemblers.

Employees in elementary occupation are the majority in Nakuru at 36.59 per cent of the total private sector employees surveyed in the county.

Dominant occupations

Skilled farm, fishery, wildlife and related workers are second largest, marking up 14.61 per cent of the total, while secretarial, clerical services and related workers, plant and machine operators and assemblers, and craft and related trade workers are dominant occupational groups in Mombasa.

They constitute 17.82, some 15 and 12.41 per cent of the total private sector employees in the county respectively.

All the 47 counties have varying proportions of public sector workers in the various major occupation groups.

The survey also shows that secondary and technical institute teachers and instructors, accountants, auditors and tax assessors, and chemical engineers are some of the specific skills in the profession group identified to be of greatest shortage.

Forget new colleges, make courses popular for higher intake: Study

BY OUMA WANZALA
owanzala@ke.nationmedia.com

The government should put more emphasis on staffing and equipping technical and vocational training institutes in order to produce high quality personnel.

The 2010/2011 National Manpower Survey basic report by the Ministry of Labour and Kenya National Bureau of Statistics revealed that the solution to increasing access to vocational training and university education does not lie in expansion and establishing of more institutions.

"The solutions lies in popularis-

ing the programmes offered in the existing institutions, staffing and equipping the institutions, ensuring effective curricular development, delivery and quality assurance," said the survey.

The research further noted that except for teacher and health colleges, the other institutions and more capacity than their intakes, indicating under utilisation.

The report released yesterday by Labour Cabinet Secretary Kazungu Kambi (left) in Nairobi, notes that the capacity of local training institutions increased from 622,846 in 2008 to 1.8 million in 2010.

"Much of the increase in capacity of the local training institutions was attributed to youth polytechnics and private commercial colleges as capacity of the polytechnics increased from 79,316 in 2008 to 982,417 in 2010," indicated the survey.

The study noted that there is need for more dialogue between the government and industry, and education and training institutions to address the skill mismatches, the sub-optimal skill mix, updating of the occupational classification and mechanisms for better capture and dissemination of labour market information.

The survey disclosed that a total

of 131,200 employees with different skills were identified to be lacking by the private sector with the main areas of shortage being legislators, administration and managers, secretarial, clerical services technicians, skilled farm and craft.

The public and private sectors, and the educational and training institutions all reported vacant positions

The skills ratios in both public and the private sector are also inconsistent with the international best practices.

The vacant posts and skills shortage are mostly found in higher and middle level occupational groups.



ANALYSIS | Victor Rateng

Middle class hype does not amount to much

How many own houses, save for their children's education, have health insurance or go on expensive holidays?

Based on its October 2005 tabulation, the Kenya National Bureau of Statistics defines the middle income group as households with monthly expenditure of between Sh23,671 and Sh120,000 each.

A 2010-2011 report by the bureau showed that 24 per cent of Nairobi's population was made of the middle class families, up from 19 per cent in 2007. Those spending more than Sh200,000 a month accounted for 3.6 per cent, from one per cent.

Let's face the facts. According to a nationwide face-to-face household survey conducted by Ipsos Kenya between August 24 and September 1, this year, 50 per cent of the respondents who were able to give figures (1,921 of the total sample of 2,021) reported that their combined household income was Sh10,000 or less while 33 per cent said it ranged between Sh10,000 and Sh25,000.

Mentioned figures

Those talking of Sh25,000 to Sh40,000 were 10 per cent. Only seven per cent mentioned figures above Sh40,000, essentially diminishing the middle class category in the country, going by KNBS definition.

Broken down by the four household income group categories by occupation, in the Sh10,000 or less category, 75 per cent indicated that they were dependent. Livestock keepers were 69 per cent, subsistence farmers 54 per cent, self-employed 48 per cent and private-sector workers 41 per cent.

In the same survey, 31 per cent of the respondents said they or someone in their household went to bed hungry. Fifty two per cent

said their households' economic conditions had become worse in the last three months.

In the same survey, 33 per cent cited the high cost of living as one of the most serious problems facing the country. This was closely followed by unemployment at 15 per cent and insecurity and terrorism at 13 per cent.

According to Pew Research Center, (bear in mind that the US is a very strong economy compared to ours so the figures are not directly comparable), the median income for a four-person American household is \$68,274 (Sh5,871,564).

A typical middle class family needs a median income of \$85,000 (Sh7,225,000) in the east, \$70,000 (Sh5,950,000) in the south and west and \$60,000 (Sh5,100,000) in the midwest.

Broken down a step further, the median for middle class homes is \$55,000 (4,675,000) in rural areas, \$70,000 (5,950,000) in urban areas and \$75,000 (6,375,000) in sub-urban areas.

With lot of attention or so much inclination, an American middle class household shops at Target, saves for their children's college education, has the time and money for a vacation (an average of \$4,000 or Sh340,000) on a week-long summer holiday,

5,871,564

The average amount in shillings that a four-person family in the US makes and spends in a year. In Kenya, the middle class family, according to KNBS, has a monthly expenditure of between Sh40,000 and Sh120,000



CHRIS OMOLLO | NATION

Fans follow their team's progress during the Safaricom Sevens Rugby tourney. Middle-income families can spend money on such events.

including airfare), own a home, have a secure job (which is a key requirement), have a health insurance (mainly through the employer), politically more likely to be in the Democratic or independent column with about 34 per cent self-identifying as Democrats and 35 per cent as independents.

Only 25 per cent of that group described themselves as Republican. Finally, such a household invest for retirement.

The poll by Ipsos revealed that nearly all these lifestyle aspects of the American middle class are not identifiable with most Kenyan families whose combined monthly household incomes is less than Sh40,000.

Provide the equivalent of the nine American middle class household features and the numbers shrink even further. Do this by focusing on those who shop at the Junction Mall or Galleria

(comparable to Target), the proportion of those saving for their children's education (mainly through insurance), taking a week-long Easter/Christmas holiday locally (and not just going to the village), own a self-contained house, have a job security or steady income, have a health insurance and finally, though tricky in Kenya, are likely to hold the swing vote.

Here, the middle class number goes further down because of ethnic voting.

Until such a time when we shall have a better definition of Kenya's middle class, the "rising middle class" maxim is far-fetched and as observed by a recent report by Standard Bank, businesses will have to revise their expectations.

For now, my take is that the current excitement is based on how many employed Kenyans (or those with a steady income)

are able to afford rent in such areas (in Nairobi, for example) as Kileleshwa, Buru Buru, Doonholm, Lang'ata, South C and who struggle to make ends meet every month, thereby able to spend their money on a few outdoor activities such as rugby, are able to take their child to a private school but for whom the future remains uncertain.

And if the middle class live in Embakasi, we should look forward to seeing Subway and Clarks open up shops there in the next few months and not just exclusive locations targeting expatriates and diplomats or chiefs of corporations.

For now, corruption and other undisclosed sources of income are giving marketers the false impression that there is large growing middle class.

If the Ipsos Kenya and Standard Bank statistics are ridiculous, then a recent order by the Inspector-General of Police that an audit on the lifestyles of junior officers (whose basic salaries are between Sh17,190 and Sh32,880) be carried out to check graft was absurd.

Unless this growing disposable income is being sustained by other unexplained and unaccounted-for sources from time to time such as under-the-table deals, the "middle class" hype needs to be moderated and Kenyans or those blinded by this made aware of the realities, otherwise we'll all be caught up in a waterfall chase.

The writer is a public affairs researcher at Ipsos Kenya. The Views expressed are his own. vicrateng@yahoo.com

Sh2.3bn paid for rundown police houses

BY SATURDAY NATION
CORRESPONDENT

The Government paid over Sh2 billion for three apartments to house police officers, a parliamentary committee has revealed.

The Public Accounts Committee led by chairman Ababu Namwamba said on a visit to the apartments on Kangundo Road in Nairobi that Sh2.3 billion was paid by the Office of the President.

The team was shocked by the poor workmanship.

"The houses are barely two years old but they leak, the ceiling has gaping holes and the walls are cracked," said Mr Namwamba.

The visit was prompted by an audit query in 2013.

"The seller took advantage of a section of the Procurement and Disposal Act that allows direct single sourcing of goods and services. But this does not apply for a Sh2.3 billion property, hence the process was a fraud," he said.

"Taxpayers did not get value for money at all and lack of a competitive tender gave the seller the power to quote any price," he said.

Grand Regency ghost refuses to be exorcised as matter returns to court

BY PAUL OGEMBA

The controversial sale of the multi-billion-shilling Grand Regency Hotel is back in the courts after almost two decades when the matter came into the limelight.

The 16-year-old case pits the Central Bank of Kenya, Westmont Holdings, Uhuru Highway Development and businessman Kamlesh Pattni over a Sh318 million claim for compensation.

Westmont Holdings, a local subsidiary of Malaysia-based Lynwood Development, is claiming \$3.7 million (Sh325 million) it paid the CBK in 1997 as 10 per cent deposit for the purchase of the Grand Regency Hotel.

CBK, however, disputed the suit and filed a counter claim against the company.

Mr Pattni, the former owner of the hotel, said the amount had been settled and wanted to be left out of the dispute.

Mr Justice Richard Mwongo yesterday ruled that the company and Mr Pattni would be the claimants in the first suit against CBK.

"In the counter-claim suit, CBK will be the complainant against Mr Pattni, Westmont Holdings and Uhuru High-

way Development," he ruled.

He said given the complexity of the matter and the time the dispute has taken, the parties will have 45 days to file their claims and submissions. He also stopped any other case in the dispute until he gave a judgment.

Westmont Holdings moved to court in 1998 seeking a refund of the money it allegedly paid as deposit for the hotel but the case was dismissed in 2002.

In 2013, the Malaysian firm sought to revive the case, arguing that the delay was caused by circumstances beyond it, including a road accident that hospitalised its representative.

“

In the counter-claim suit, CBK will be the complainant against Mr Pattni, Westmont Holdings and Uhuru Highway Development”

Justice Richard Mwongo

Lady Justice Jacqueline Kamau dismissed the plea, saying the company had failed to offer convincing reasons for the delay or any prejudice it would suffer if the case was not reinstated.

The company then moved to the Court of Appeal where it argued that CBK should not be allowed to keep the money on a technicality when it knew it was paid.

CBK, however, maintained it did not enter into a sale agreement with the Malaysian firm and the money was not kept in a suspense account as is always the case and therefore no liability was due.

Justices Erastus Githinji, John Mwera and William Ouko ruled that since CBK admitted receiving the money, there was merit in the case.

It was that decision that returned the matter to the High Court where Justice Mwongo gave the company firm legal ground to pursue its 16-year claim.

If Westmont wins the case, CBK could pay up to Sh2.2 billion, being the deposit and compounded interest at 12 per cent per annum for 17 years.

The Grand Regency Hotel, which Mr Pattni surrendered to the Kibaki administration in 2008, was sold to Libya Arab Investment Company and renamed Laico Regency.

BRIEFLY

NYERI

Kabando's brother found fit to stand trial

Ceasar Thiari, Mukurweini MP Kabando wa Kabando's brother, accused of killing his mother failed to take plea yesterday since he did not have an advocate.

Thiari, 40, allegedly hacked to death 70-year-old Rose Wachera Mwangi Kabando on July 27 at their home in Kaini Village. The suspect has been found to be mentally fit to stand trial and will be remanded at King'ong'o GK Prison pending his case proceedings.

MANDERA

Leaders fault decision to pave 20km of road

County leaders yesterday faulted the government over a pledge to tarmac the 800-kilometre road connecting Mandera and Wajir. Led by Governor Ali Roba and Senator Billow Kerrow, the leaders said the decision to tarmac only 20km was unfair. Mr Roba said the Transport Ministry had failed to observe the principles of equity at all levels by failing to tarmac the road as promised by President Kenyatta.

SATURDAY NATION

Don't punish Kenyans for county bosses' sins

When the Senate made a ruling to block the disbursement of funds to four counties to punish governors who had defied its summons, it was clear that the decision was motivated by politics and malice rather than genuine desire to enforce law and order.

The decision failed to take cognisance of the fact the money sent to the counties does not belong to the governors, but the residents, who pay taxes and are entitled to government subsidies. This is why the National Treasury rejected the Senate's directive, putting a caveat that blocking cash transfers is not a simple and whimsical decision.

Broadly, the Senate's core mandate is to protect the interest of the counties, which among others, is to ensure that they get their fair share of the financial allocations and that the monies are put to proper use. Also their mandate allows them to monitor the way the counties are governed because that has a direct bearing on the well-being of the residents.

Even so, the Senate has taken a particularly worrying view that it should be punishing governors who refuse to play ball. Yet oversight does not mean policing. To a large extent, the Senate has been fighting many battles, including the Judiciary, and all these give the impression that it does not have a singular focus on its mandate.

When governors fail to obey its summons, the Senate should use other means to sanction them instead of resorting to blackmail like purporting to stop remittances, when that only ends up affecting the innocent residents, who deserve service from their leaders.

Governors have the obligation to obey legitimate orders from the constitutional offices, but that does not give the Senate powers to punish counties just because their governors defied its decrees.

Impunity hurts cause

The poaching menace is getting out of hand in the national parks and game reserves, with especially elephants, being slaughtered every now and then. And the well-armed poachers will go to any lengths in pursuit for ivory. Since the beginning of the year, nearly 100 elephants have been killed.

Late last month, five elephants were shot dead and their tusks sawed off in a highly protected area. This happened in an area of Isiolo County reserved for military training. It is, therefore, not surprising that some element of desperation may be creeping into some people who really care about the protection of wildlife. And it would explain what led some activists in Mombasa to deface the iconic tusks in the island town that have become its mark of identification.

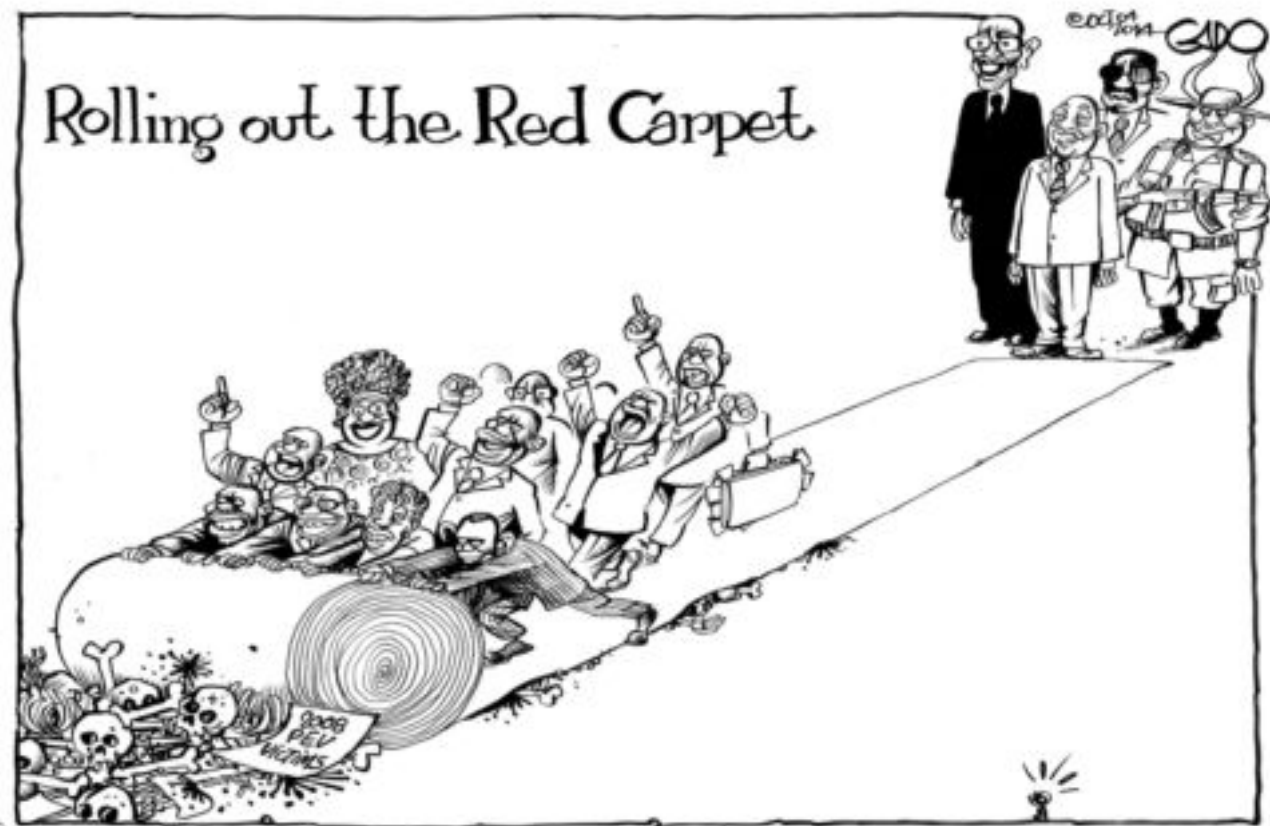
Whoever did this may have been driven by the urge to drive home the point about the need for stringent conservation measures. However, they have gone about it the wrong way. This is a clear case of impunity and blatant vandalism that must not be condoned. The activists must act within the law, however frustrated they may be about what they perceive as the authorities' failure to deal decisively with this grave threat to wildlife, which is a major tourism attraction and foreign exchange earner.

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THE FORGOTTEN LOT | Magesha Ngwiri

We've neglected the elderly and we shall pay through the nose one day



The old-timers also need to protect themselves. There are randy ones who want to behave in bed as though they were 25-year-olds

The other day, I was taken aback, then quietly amused, when an insurance saleswoman came to the newsroom and started persuading my colleagues to buy life insurance cover.

She eventually came to the desk which I share and gave my colleague the usual spiel.

Once through with him, she gave me the once over, and then she must have decided I was a lost cause. So she just looked the other way and made off to another desk to hunt for more youthful prospects.

That is when it hit me: Contrary to what we have been told all our lives, there are very few advantages to being old.

The experience and sagacity are a little too over-rated. Advanced garrulousness for those who have always talked too much, and enhanced taciturnity for those who have never talked for the sake of it are a lot more common.

The other canard those approaching old age have been comforted with is that "age is just a number". I have news for you; it isn't. Old age is just that, and no amount of hedging around the fact will make any difference.

When you hit 50, old age starts creeping on you in

small, seemingly insignificant, but definitely insidious steps.

Before you know it, you start feeling strange pains in unfamiliar places, the lubricants in your joints no longer work efficiently, and it starts becoming difficult to walk another seven kilometres soon after doing the initial seven.

In other words, your libido is no longer as active as it used to be a mere five years earlier, and you must accept and move on.

Senescence is a biological inevitability. We all grow old because the body no longer produces new cells while the old ones die off, literally, of old age.

If we accept that we shall all grow old, how we choose to do it is what actually matters, and it is usually determined by what we did with our bodies when we were younger, stronger and healthier.

But to me, degeneration of the grey cells is the most terrifying aspect of ageing. The day the young start calling me a "doddering old fool" is the day I'll know that my time is over — if I can hear it at all.

So when you can no longer work, you have no property, and your grown-up children

have all left home, your chances of enjoying twilight years in peace are absolutely zero — at least in Kenya.

In other words, we as a country have neglected our senior citizens for years on end and we shall end up paying very heavily when we have to foot an impossible health bill through taxes.

It is true that the government has, quite rightfully, concentrated its efforts on giving the youthful generation a helping hand to secure jobs and start businesses.

The young are certainly more productive and innovative than the old. They are the hope of Kenya.

And it is also true that the Jubilee Government has allocated a tidy sum to help the aged who have no visible means of support through a monthly cash transfer system, something that has never been tried before. But clearly, this is not enough.

On Tuesday, HelpAge International released a report

which was damning for the country.

"Kenya has not addressed the psychological well-being of elderly people, access to public transport, healthcare, civic freedom, poverty rate in old age, and physical safety," the report says.

To show just how much the elderly are ignored, neither the release of this important report on Tuesday, nor the International Day of Older Persons marked on Wednesday, were given adequate media coverage. It is as if the elderly do not matter.

Having said that, the old-timers also need to protect themselves. There are the randy among them who want to behave in bed as though they were 25-year-olds.

To achieve this, if they are rich enough, they resort to the blue pill in order to cavort with their grand-daughters. They shouldn't do it, otherwise they will croak in absolute bliss.

There are others who do not want to age in dignity and grace, so they will go clubbing with their sons and daughters and make complete asses of themselves.

When you are 60 and try to outdo Chris Brown, P-Square or Usher on the dance-floor, potbelly and all, besides looking ridiculous, chances are you will hurt yourself mortally.

These are just two tips among many.

And No! I am not speaking from personal experience.

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When you are 60 and try to outdo Chris Brown, P-Square or Usher on the dance-floor, pot belly and all, besides looking ridiculous, chances are you will hurt yourself mortally”

THINK AGAIN | Maina Kiai

Africa's rise will only hold if leaders promote freedom and democracy



Kiai this week received the Freedom House Award. Here is an abridged version of his acceptance speech in Washington, DC

I accept this Award knowing full well that I do so symbolically on behalf of strong and dedicated human rights defenders in Kenya and Africa. This is about them, and this is a celebration of their work over the years.

Defenders of freedom in Africa face death, prison, torture, poverty and demonisation every day of their lives.

Africa is rising, and there are Africans to celebrate. Lupita Nyong'o won this year's Oscar for best supporting actress. Dennis Kimetto has just become the first human to run the marathon in under two hours and three minutes.

Africa is rising. Six of the 10 fastest growing economies in the world are African. And in every African capital, traffic is horrendous, testament to higher incomes that city and road planners did not foresee.

Africa is rising. And today a different and subtle "scramble for Africa" is afoot, for Africa's oil, minerals, land, timber, ivory and natural resources. Across the world, companies and states are scrambling for the continent's resources with the connivance of Africa's leaders.

This scramble should benefit Africa and raise the standards of living for the majority poor. But without freedom, this new scramble could well turn out to be like the last one of the 1800s.

And the signs are not promising as the gap between the rich and the poor — and the spectre of insecurity, terrorism and disease — continue to haunt Africa.

For while many countries have the symbols and rhetoric of democracy and freedom, its substance remains almost a fantasy. And without real



We should ensure that the killings, rapes and forced displacements of 2008 never happen again.

accountability, this renaissance could end up like the first one of the 1960s when Africa's dream was stolen by capricious and greedy leaders.

But I remain hopeful and optimistic that Africa will indeed continue rising. For despite the corruption and moral decay of our leaders, and despite the sacrifice of democracy, internationally, at the altar of trade and security, Africans still yearn for freedom and democracy, as they did in the 1960s when they challenged colonial rule. And just as that liberation struggle proved successful, this one shall succeed. As Martin Luther King put it, "the arc of the moral universe is long, but it bends toward justice."

But we need a new commitment to democracy and freedom, globally, for the ills in Africa are global. We need a commitment that goes beyond the forms of democracy and sham elections — often no more than civilian coups.

That means — and a good example is Kenya — we need a renewed

commitment to holding our leaders to account. There is a need to challenge impunity, whether for presidents or peasants.

For if in Kenya we are to ensure that the killings, rapes and forced displacements of 2008 never happen again, then we must not forget the victims and survivors. To this day, they seek justice and recognition, but have been forgotten.

And as long as impunity at the top is tolerated and normalised, corruption and lawlessness will always haunt us. That can make efforts to counter terrorism almost moot.

The US must raise issues of human rights and civil society to the same level as security and trade. It must devise creative and substantive ways of implementing the universal values of freedom and human rights, and I welcome President Obama's new Presidential Memorandum on Civil Society.

It is essential that the US and other international donors seek accountability for the \$100 million (a third of the total election budget) pumped into IEBC last year. The IEBC's own internal audit report tells horror stories of corruption, compromise and illegality.

I honour those who have remained true to the cause, despite the vitriol, personal sacrifices, the public humiliations, and all the pressure.

To all the amazing people and groups I work with — KHRC, KPTJ, MUHURI, IMLU — I salute you!

To my colleagues at InformAction, and all the incredible work they do on the ground — this is for you.

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LETTER FROM AMERICA |

Randall Smith

Will China phase in democracy or be swept by the wind of change?

The British news drone lifts up quickly from the Hong Kong streets and rises a few thousand feet, scanning the tens of thousands who stretch as far as the human eye can imagine.

Crowds are stuffed on streets and on top of cars. Bridges and balconies are jammed. The masses are multiplying and expanding each day.

The scene in Hong Kong's pro-democracy rallies this week is awe inspiring — something I've never seen on this scale.

And while we're watching around the world, the demonstrations are being observed more closely inside China. If Hong Kong residents are successful in getting their way with Beijing, there could be a sea change that will spill over into East Asia.

Here's the challenge. Can the Chinese Government, which took over Hong Kong on July 1, 1997 from Britain, let loose of its demand that it vet all political candidates in Hong Kong?

For those of us in the West, we cheer democracy. But we are also aware that China is our largest trading partner and want the country to remain stable. Ours is an uneasy relationship based on economics and common interests — not idealism.

But China is interested, first of all, in what happens at home. Hong Kong's next door neighbour is



Macau. Known for being the Las Vegas of China, Macau was once a Portuguese colony and its citizens have many of the same concerns about democracy as Hong Kong residents.

To the northwest is Tibet. China has a different view of Tibet and the Dalai Lama (left) than the rest of the world —

and has not yet been able to sell the Tibetan people on its vision. Tibet wants freedom.

To the east is Taiwan. When I visited the country, I was surprised to see how many flights went from its capital, Taipei, to Shanghai and to other mainland Chinese cities. For a country that has kept its distance from China, Taiwan seems to be economically joined with China on many levels.

My visit convinced me that there was a strong, pro-China attitude in the country. But that sentiment is weighted by what is considered to be China's anti-democracy policies. The Chinese handling of Hong Kong could bring Taiwan closer or farther away from Beijing.

To China's south are democracies in a variety of states of development. Myanmar, which was once as closed as North Korea, is holding elections in less than a year. India's population will soon be larger than China, and it will be the world's largest democracy. South Korea has only been a democracy since the 1990s. China's attitude toward Hong Kong will play loudly in the region. China is now claiming everything from sea lanes to off-shore drilling near its bordering countries. Anger was stoked so high against China in Vietnam recently that Beijing had to evacuate citizens from the country.

Who is watching Hong Kong most closely? Chinese citizens.

A government is not judged on its past but on its future potential. That may be hard to believe in a country where the current system has lifted more people out of poverty than any in history.

So the question becomes whether the Chinese leadership is willing to phase in democracy or wait until democracy beats down its door. French history is a sobering example of what can happen to those who do not listen to the people.

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DIFFERENT STROKES | Gabriel Dolan

For victims' sake, let Uhuru attend trial

Last month I attended the funeral of former political prisoner and human rights defender Odindo Opiata.

At one stage, the MC requested all those incarcerated with Opiata to stand and be recognised. It was a humbling experience to see over 20 aging men quietly emerge from the shadows and then without fuss return to their seats and lives of anonymity.

Our heroes are forgotten and live anonymous lives only honoured at their funerals while their incarcerator, Daniel arap Moi, around the same time, was feted on his 90th birthday.

This indifference continues to the next generation, so the victims and survivors of post-election violence (PEV) are ignored, invisible and forgotten while the nation debates whether Uhuru Kenyatta should attend the ICC hearing on Wednesday next week.

In the raging debate, three very important issues are conveniently ignored. The first

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In doing so, he might recall the pain and trauma of the thousands of victims”

is that Kenya willingly and without coercion signed up in 2005 as a member of the Rome Statute with all its rights and obligations.

Secondly, both Mr Kenyatta and Mr William Ruto were charged in relation to crimes committed before they assumed office in March 2013.

Finally and most importantly of all, the Rome Statute for the first time in international criminal justice allowed victims to participate in the trial at every stage of its hearing.

Victims may directly participate as witnesses or be represented by lawyers. In Mr Kenyatta's case, the victims from Naivasha and Nakuru are

represented openly and ably by Mr Fergal Gaynor.

He has highlighted their plight and rights at every opportunity. He insists that termination of the case without accessing key documents, financial and telephone evidence from Mr Kenyatta would be a betrayal of victims. He also argues that the “accused is directly responsible for the government's obstruction of justice and for its non-compliance with the trial chambers directions”.

Mr Gaynor is merely doing his job and he should not be ridiculed in the press for spending his free time in a club that Mr Kenyatta himself frequents. Victims have a right to justice and redress and they should not be traumatised for a third time.

The first trauma was at the hands of the perpetrator, the second when the Kenyan police and office of the director of public prosecutions (DPP) failed to prosecute and the third must not be in The

Hague where they are now represented.

We forget that the DPP earlier this year announced that out of 5,000 police files on the bloody chaos, he was not able to prosecute even a single case. Mr Kenyatta is innocent until proved guilty and standing in the dock in The Hague will be a humiliating experience.

But in doing so, he might recall the pain and trauma of the thousands of victims who stand denied justice by the government that he is leading. To not attend is to re-traumatise the victims who were raped, maimed, killed and forcibly removed from their homes.

To fully participate with the ICC is not only obligatory; it is a sign of solidarity with his citizens whose lives will never be the same again. It is to remember that the court was established to give victims the justice they were denied in their homeland.

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POINT BLANK | Godwin Murunga

Reason will prevail if Uhuru attends to that personal matter at the ICC



The humiliation you feared your President will face might just come and go

We told you that the authority of the ICC will prevail. You retorted that this is a small Europe-based court; an imperialist court for that matter whose aim is to harass small nations.

We suggested that, looking at the signatories to the Rome Statute, there was no serious evidence to suggest it is simply an imperialist court.

You demurred and reminded us that it is only African nations whose people are being frog-marched to The Hague to face criminal charges. You cited Uganda, DRC, Liberia, Sudan, Cote d'Ivoire and now Kenya. You said others like Yugoslavia are the exception.

When we reminded you that Kenya was also the exception, you silenced us. So tainted was the ICC at the time that we could only hint at the role of our Parliament in sending us to the ICC. Even William Ruto's statements urging Kofi Annan not to waste our time and submit the envelope to Luis Moreno-Ocampo didn't convince you. We even provided video clips of many politicians urging that Kenya preferred the ICC to a local mechanism.

When Ms Martha Karua, under whose watch these issues were

discussed in Parliament, jogged our memories about how parliamentarians repeatedly refused to constitute a local mechanism, you dismissed her.

Then the late Mutula Kilonzo unsuccessfully reminded you of the memorable chorusing to the effect 'don't be vague, let's go to The Hague.'

You found the perfect solution to the ICC storm in March 2013. Together, the ICC duo formed an alliance and even merged their names into Uhuruto.

You claimed to have found the magic bullet to create peace and sort out the historic Kikuyu-Kalenjin tensions for good. Your formula for Jubilee Alliance was the tyranny of numbers. For a large segment of this country, this felt like someone simply poking their finger in your nose.

Then Mr Uhuru Kenyatta became his Excellency the President. Soon we switched gears. Kenya was too small a place for such an important fight. We got our Foreign Affairs Cabinet secretary to start a flurry of activities, leading to the AU extraordinary summit meeting in October 2013.

But you didn't need an ambassador of Kenyan citizenship. Yoweri Museveni was there. The new



Uganda President Yoweri Museveni. He acted as Mr Kenyatta's de facto anti-ICC ambassador at the AU extraordinary summit.

speech writer at State House came through with a hard-hitting Presidential address to the summit, mouthing some propaganda clothed in a pan-Africanist garb.

But Museveni, your new anti-ICC ambassador, wailed louder than the bereaved. We couldn't remind him of his own referral of a case to the ICC.

The AU Summit protested that the court is humiliating African presidents and threatened to stage a mass walkout from the Rome Statute.

But wait. Actually, this event was not as popular as it was made to appear. The attendance was not as high; in fact, Sudan even issued a statement bawling the low turn-

out of actual signatories. This year, Nigeria and Ghana issued statements affirming the critical importance of the ICC as a court of last resort.

Then there was the Assembly of State Parties meeting in November 2013. We sent a government battalion. Unfortunately, they forgot that, unlike the AU summit, the Assembly of State Parties allows "lesser mortals" from civil society to attend.

Now, there is the story of the chance engagement between Attorney-General Githu Muigai and Njonjo Mue, itself a story of a Goliath versus David that Kenyans present are yet to tell us. The short of it is that the young Njonjo Mue reminded his professor of law that what he was telling the Assembly of State Parties is not what he taught at Law School.

This is my long-winded way of saying that the humiliation you feared your President will face might just come and go.

The silver lining is that the President will demonstrate his obedience to the rule of law, at The Hague.

Godwin Murunga is Senior Research Fellow, Institute for Development Studies, University of Nairobi. gmurunga@gmail.com

MARK MY WORD |

Philip Ochieng

Why the 'Nation' doesn't entertain Americanisms



Every publishing establishment has a stylebook to guide its writers and copy editors, especially on orthography. Indeed, this word literally means "correct spelling". It is composed of two Greek originals – *ortho* ("correct") and *graphien* ("to write").

The *Nation's* stylebook was prepared when the group was

launched just before Kenya's independence — the work of some very capable imports from Fleet Street, that time's concentration of London's tabloids (though many groups have since moved to other streets of the British capital). It was two language maestros — editorial director Wangethi Mwangi and deputy Joseph Odindo — who asked me to thoroughly update the book and, upon my retirement from the group nearly 10 years ago, to supplement it with this weekly column on the problems common to Kenya's English-language publications.

That is probably among the reasons I get so finicky whenever I see an infringement of the rules in any title of the Nation Media Group — and elsewhere, since the most competent of the editorial (and other) operatives of *The Standard* and *The Star* dailies have passed through the Nation Media Group. That is why I speak of *infringement of the rules* rather than of *mistakes*. For instance, whenever the *Nation* writes of "programs" — rather than of "programmes" — it is not necessarily making a mistake. It is merely infringing one of its own rules. For, in America, "programs" is the correct spelling.

Yet, in preference for standard usage in England — in fealty to what is alleged to be "the Queen's English" — the *Nation's* stylebook specifically outlaws all Americanisms, including in orthography. Among the reasons, as I say, is that the *Nation's* stylebook was first done by the Fleet Street journalists from whom we learned our trade. But, even after we "Africanised" our newsrooms, we saw no reason to loosen that rule. We stuck to England's standard, not because we had no respect for America's considerably different English, but only because England's standard usage was the language of our tuition and our daily superstructural relationships.

An English-language publication which allows Americanisms, Australianisms, Jamaicanisms, Kiwisms, Nigerianisms, Scotlandisms, South Africanisms and Sub-Continentalisms to compete with one another on its pages — not only in spelling, but also, even more importantly, in idiomatic expression and thus in meaning — can only succeed in thoroughly confusing its readers. In short, semantics (meaning) is the stock-in-trade of all journalism and other forms of communication. Language succeeds only by means of conventions, namely, through a community of meaning attached to a particular sound.

Where — depending on their various linguistic backgrounds — different individuals can understand a sound "byte" only through the different "isms" I have just listed — where words and phrases have no semantic discipline — there, a veritable communication anarchy is the most likely consequence.

Without a convention — unless a "miracle" happens such as Luke alleges in Acts of the Apostles where, although the conferees spoke in their own mother tongues, yet they understood one another perfectly — there can be no communication. That alone is why the *Nation* purports to reject all Americanisms.

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QUOTED

"They (ICC) just want to embarrass the President whichever way they can knowing that they have no case against him."

E/Marakwet Senator Kipchumba Murkomen

FAIR PLAY | Peter Mwaura

When indolence costs people justice

The advocate for Sulmac Kenya Limited took eight years to read a judgment and file an appeal. Because of that the company was found guilty of laches, legalese for unreasonable delay or negligence in pursuing a right or claim.

Justice Luka Kimaru said the company had "dis-entitled itself" from exercising its right of appeal because of its indolence.

He said, in his judgment in *Sulmac Kenya Limited v Anthony Owino*, the delay of eight years was "not justifiable for whatever circumstances".

The blunt meaning of laches is: "Too bad, you've slept, you are out of time, that door is now locked". If, for example, you know the boundary of your plot but you wait until your neighbour completes building a house, which encroaches on your property, the court may refuse to order the house demolished.

In law, the doctrine of laches is based on the maxim: "Equity aids the vigilant and not those who slumber on their rights". But when does delay amount to slumber?

There is no time limit or minimum. It's a question of what is an unreason-

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Defence lawyers love the word 'laches'. It's their most beautiful line of defence, and it works most of the time"

able delay, which depends on the case. In time-sensitive matters a delay of even a few days may be considered as slumber or laches. In other cases, it could be a delay of weeks, months or even years.

There are numerous cases of people who sleep on their rights. Take the case of *Ephraim Kanuthu Mwangi v Muthirithia Farmers Co Ltd & another*. Ephraim Mwangi "went into a deep slumber" for 896 days. Justice Philip Tunoi was not amused when Mwangi woke up and asked his court to allow him to appeal out of time.

"There is no doubt whatsoever that the applicant has been guilty of blatant laches and there is no reason whatsoever for me to exercise my discretion in his favour. If I did so I would be aiding an indolent litigant," Justice Tunoi said.

Take the case of *Egerton University v Diana Luganje*. Justice Luka Kimaru said Egerton University waited a whole three years before it filed an application seeking to appeal out of time.

"The applicant has exhibited an indolent behaviour in its conduct," Justice Kimaru concluded.

Defence lawyers love the word "laches". It's their most beautiful line of defence, and it works most of the time. They argue there has been an unreasonable delay in bringing the claim, thus causing great potential harm to their client against whom the claim is made because evidence could have been lost or circumstances changed. As one defence lawyer puts it, it's "waltzing in at the eleventh hour".

The laches defence, however, doesn't apply if the claimant was a minor — under 18 — during the time the claim should have been brought. So a party can bring a claim against a historical injustice when they attain the age of maturity.

Nor does it apply in cases involving violation of fundamental freedoms and rights protected by the Constitution. That apart, litigants, beware.

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SUGAR INDUSTRY IN EAST AFRICA



Special Feature

The EastAfrican, the leading regional newspaper will on **25th October 2014** publish a special feature on the sugar industry in East Africa. The feature will among others highlight;

- * Overview of Sugar Industry in East Africa.
- * Investment opportunities and challenges in the sugar industry.
- * Innovations in the industry.
- * Marketing and price policies.
- * International trade policy measures.
- * Government intervention to prevent cheap imports
- * CSR and community development initiatives

To participate in this feature, contact:
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The EastAfrican



**APPROVED
PHARMACEUTICAL
TRAINING
INSTITUTIONS**
DAILY NATION

Pharmaceutical training in Kenya remains one of the most highly sought after profession. However, this come with challenges from unapproved institutions that purport to offer quality pharmaceutical education.
The Daily Nation will on Thursday, **16th October 2014** publish an informative feature of the Approved Pharmaceutical Training institutions in Kenya.

Key highlights;

- Are you an Approved pharmaceutical training institution in the country?
- History and background of the institution
- Importance of pharmacy education -Regulatory institution(s)

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To the editor

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Write on e-mail to: mailbox@ke.nationmedia.com
You can also mail to: The Editor, Daily Nation,
POB 49010, Nairobi 00100.

Why are Uhuru and Ruto still getting full salaries?

Was the report that President Kenyatta and Deputy President William Ruto have not taken a 20 per cent pay cut despite having announced the same true? If they have not given written instructions, what are we supposed to read into this? If low-ranking politicians and parastatal bosses have already complied with the directive, why are the two top leaders still dilly-dallying? Was the whole plan not meant to indicate that the two would lead in taking the pay cut? I am not implying that they deliberately put a stop to the whole idea, for I do not know. However, being reminded about fulfilling their own promises is not a bad thing.

GITHUKU MUNGAI, Nairobi.

Kenya should embrace GMOs in hunger fight

The ban on genetically modified organisms (GMOs) announced on November 8, 2012, is costing Kenya a huge deal in trade, and hampering our efforts to fight hunger.

The ever-emerging theories on the alleged health effects of GMOs are not doing the country any good. Instead, they are rendering Kenya and the wananchi retrogressive in a world where other countries are turning to GMOs for lasting solutions to hunger and starvation.

It is sad that we are still clinging to stereotypes that have been dismissed by scientists. With an ever-ballooning population, we will be shocked at what our fears and paranoia will land us into in the near future.

Let us embrace biotechnology and GMOs now.

ATIENO MBOYA, Athi-River.

Why is ICC entertaining hostile, false witnesses?

Why is the International Criminal Court so lenient on hostile witnesses? Why is action not being taken against them for wasting the court's time by giving false statements that led to the indictment of Ocampo Four? These witnesses and their coaches should face the full wrath of the law. Suspects who were let off the hook—former Cabinet minister Henry Kosgey and former police chief Hussein Ali—should also sue these people for defamation. They should be made to pay for their lies.

JUSTIN N. NKARANGA, Mombasa.

TALKING POINT

Forget tribalism, clannism and nepotism are Kenya's new cancer

Tribalism has always been termed as the major stumbling block to the achievement of national unity in Kenya.

The clashes of the 1990s and the 2007/08 post-election violence have both been blamed on ethnicity. But is tribalism the major problem behind our disunity? I don't think so.

Clannism, nepotism and individualism will finish this country as we talk of "my tribe".

I agree with Gabrielle Lynch (*Saturday Nation* 27, September 2014), that devolution has made politics more local and violent than ever. Thanks to devolution, we can now clearly tell where the problem with our country is as far as cohesion and integration are concerned.

If a fellow tribesman can draw a gun with the aim of harming you to settle a political dispute, then tribe has no meaning. If tribalism were the major obstacle to peaceful co-existence why then do we hear of brothers killing one another over land?

Why are there so many cases in court pitting family members against one another? Why are we witnessing unending clashes among members of the same tribe?



FILE | NATION

The Makeni Serjeant-at-Arms, Mr Brian Mutua, lies on the ground after being shot outside the County Assembly last month: Nepotism and greed are dividing Kenyans more than ever.

In western Kenya, many professionals working for the National Government do not apply for jobs in the counties despite their experience and knowledge in the management of public affairs due to what they term as vicious clan squabbles.

For one to work in these devolved units, a lot of importance is placed on clan and family, and whether they supported the governor in the last General Election.

This has seen unqualified people who are loyal to politicians in the counties take up senior positions. No wonder many counties are unable to prepare annual budgets for approval by the controller of budget.

In some counties, MCAs from big clans plot among

themselves on who among chief officers they want impeached on frivolous grounds due to the devolved "tyranny of numbers" in county assemblies.

All they need do is cook up something irregular about the officer's conduct, prepare a censure Motion and throw him or her out. They must approve any appointment and sanction all projects to be undertaken in a county. This has made working for county governments risky.

The National Cohesion and Integration Commission should now re-focus its energy from tribalism to clannism, nepotism and individual behaviour to help Kenyans know how to share scarce resources amicably.

COLLINS MUSANGA, Nairobi.

Don't spare lazy civil servants in purge of ghost workers

The ongoing capture of civil servants' biometric data to weed out ghost workers is laudable. Names of dead and non-existent staff in the public service should be expunged from the payroll at all costs.

However, I'm not worried about these non-existent workers because they can be eliminated anyway. I am most worried by lazy and inept civil servants who are not any better than ghost workers.

These Kenyans leave their homes every morning, clog bus queues and cause traffic jams only to do the bare minimum once in the office. They do just enough to avoid dismissal, with some spending the

better part the day doing nothing.

These are the most dangerous 'ghost' workers because they will pass the biometric test, yet they while away working hours, surfing the net and shooting breeze in mother tongue.

We have to kill these living 'ghosts' because like leeches, they have the power to stall us all.

We should not pigeonhole this cancer that is killing service delivery both at the national level and in the counties. It is our patriotic duty to bequeath prosperity to our children and their children.

KANYI GIOKO, Nairobi.

THE CUTTING EDGE

BY THE WATCHMAN

WE KILLED EVEREADY. The news of the closure of the Eveready East Africa battery manufacturing plant on the Eldoret highway in Nakuru is painful, indeed, for the loss of badly needed jobs in the town, says Levin Bett. He is particularly worried about the "multiplier effect of more than 50 people losing their jobs" in these difficult economic times. But with a tinge of irony he poses: "Isn't the problem one of our own making, as we buy counterfeit dry cells, thus exporting jobs?" He quips: "It's time to reap what we have sowed." His contact is bettlevin@yahoo.com.

STOP THIS MESS. There are so many taste-fully built residential and commercial estates in and around Nairobi, but the beauty is spoilt by granting permission to some unscrupulous developers, moans Diana D'Souza. These people, she adds, are squarely to blame for "the construction of the monstrosities that obscure the beautiful buildings and rob all of their privacy at home or office". And not only do people lose the privacy, she explains, "the value of their properties is completely beaten down". Her contact is diana@encompas.co.ke.

GK CARS MENACE. Driving on Magadi Road to or from Ongata Rongai Township, which some people now fondly refer to as Diaspora, has become a veritable nightmare, remarks Paul Manga. "While traffic police have managed to tame the rogue matatus, whose drivers know little about traffic rules, we now have 'GK vehicles' that overlap all the way, posing great danger to law-abiding citizens who take hours in traffic jams. Now that police cannot stop them, who will rid us from this menace?" His contact is paul.manga@yahoo.com.

ROAD WOES Although this may be belated, it's important to give some thought to some of the oddities of our times, remarks David Jasondu. A new hotel on Lang'ata Road, Nairobi, he adds, has been put up on land that previously belonged to the Kenya Airports Authority and to show the might of those behind it, a bus stop had to be relocated. "As a result, there is permanent congestion on the road. It's only in our part of the world where someone can put up a private property this way and even redirect the traffic flow."

LEADERS HAVE FAILED. The mounting clamour for constitutional change through a referendum, Ben Njenga says, is a vocal demand on how the national cake should be shared among the various groups. However, he adds, none of the loud campaigners for the groups pushing for changes to the Constitution has "ever suggested how we can bake a bigger cake at both the national and county levels of government". According to Njenga, "herein lies the tragedy of our democracy; it nurtures pedestrian leadership". His contact is bnjenga77@gmail.com.

Have a productive day, won't you!

ON THIS DATE IN 1995

COMPILED BY DELVIN OMWODO



SHOW TIME. Vice-President George Saitoti (right) is received at the Nation Media Group stand at the Nairobi International Show by the Managing Director, Mr Wilfred Kiboro.

YESTERDAY'S QUESTION

Are senators justified to take Wambora's case to S. Court?

IKAL TAABA: No. The people of Embu county need his support. Development is what they need.

JEFF CHEPKWONY: Senators are right since the impeachment started from the

members of County Assembly and not the Senate.

CHARLES NZIOKA: No. Impeachments and court cases are affecting county development. Let the senators stop and do what we voted

them to do in the Senate.

SOLOMON NYABUTO: Yes. Abuse of office make Wambora eligible to face the Supreme Court with immediate effect.

DEBATE QUESTION

Should President Uhuru Kenyatta travel to the ICC next week?

Send your comments to mailbox@ke.nationmedia.com

ANALYSIS | Security officials, politicians and conservationists linked to poaching rings

Defacing of tusks a statement against ivory trade

It is a message to the government to stop, once and for all, the poaching rings from using Mombasa

BY JOHN MBARIA
satnation@ke.nationmedia.com

The splashing of the iconic Mombasa 'tusks' with red paint and graffiti yesterday morning has drawn mixed reactions from Kenyans with some terming it plain vandalism.

But there are those who saw it as a statement by wildlife activists to the government to take serious action that would stop, once and for all, poaching rings from using the Port of Mombasa for trafficking in ivory.

The activists have told the government to deal with the customs officials at the port, who they accuse of constantly sabotaging container scanners so that they do not detect illegal ivory passing through the port.

That Mombasa is such a key exit point for illegal ivory is underscored by a recent report by the Born Free Foundation that says the port leads in ivory export in the world.

The *Out of Africa: Mapping out the Global Trade in Illicit Elephant Ivory* report, says Mombasa is currently the continent's single most active ivory trafficking hub for contraband heading to China, Thailand and Vietnam.

It is apparent that although the government has publicly stated its intention to stem poaching and ivory trafficking, conservationists are not convinced it has put its best foot forward to attain this.

They accuse government officials and politicians of colluding in the trade. The Born Free Foundation report says that "a significant amount of evidence" affirms this collusion.

Investigations have revealed how meticulous the operations

of vicious poaching rings are and that they might be having the protection of influential politicians, the police and senior civil servants.

There are those who give orders for elephants and rhinos to be killed. Then there are those whose work is to locate and target the animals. In addition, there are informers who are said to be unsuspected insiders working mainly in the private game ranches and conservancies. In this group too, are trekkers who pose as local livestock herders and whose role is also to identify the target animals.

This lot hands over the information to another specialised group - the killers whose 'docket' includes deciding on when it is safe to do the killing.

After laying down the strategy, they seek guns from people who are suspected to be retired Kenya Wildlife Service rangers, policemen or those currently serving in the country's security and ranger forces.

Road construction companies

The latter work closely with trusted security officers in the wildlife facility to ensure the killing and detachment of the highly priced trophies is done without any hitch.

The poached animal parts are then stored in safe houses where they are packaged, mostly, in containers. Later, the loot is shipped to selected destinations in the Far East mainly through Mombasa Port.

To get to the port, some road construction companies are said to render a hand by allowing the trophies to be transported in their containers.

Sh5.7m

Value of a kilo of rhino horn in the international black market

This elaborate organisation ensures that very little of the poaching operations is given away particularly during the planning, killing and shipping of the animal parts to international destinations.

Intriguingly, some of the top conservationists, particularly those owning or managing expansive game ranches, have been linked to poaching.

Acting KWS Director General, William Kiprono recently accused some of them of collaborating with poachers to kill wildlife. "We have enough proof that some of the poachers are actually aided by the so-called conservationists."

They allegedly provide poachers with powerful weapons to kill the animals and "later use photos of the dead rhinos and elephants to solicit funds globally" under the guise of fighting poaching in the country.

Those who have seen the elaborate security arrangements in place at the ranches, tend to agree with Mr Kiprono.

They say that it is almost impossible for poachers to penetrate them without insider assistance.

A good number are surrounded by electric ring-fencing systems that offer "maximum" protection against poaching. This is backed by an extensive monitoring and security systems which allow wildlife to migrate through it "whilst still prohibiting movement of rhino."

Behind the tremendous upsurge in poaching appears to be a sharp increase in ivory prices over the past five years.

When he testified before the Parliamentary Committee on Foreign Affairs last year, the founder of Save the Elephant NGO, Mr Iain Douglas-Hamilton, said that local black-market ivory prices around Samburu, Kenya had more than doubled since 2007.

"A year ago, we calculated that ivory (from) the largest male elephant poached in the Samburu



KEVIN ODIT | NATION

A Mombasa resident walks by the decorative elephant tusks located on Moi Avenue which were defaced by unknown people early yesterday. This comes as Kenyans prepare to join the rest of the World in marking the World Animal Day today.

population was equivalent to 1.5 years' salary of a wildlife ranger, or 15 years' salary of an unskilled worker."

He said: "The prices have been so attractive that criminals are willing to target even well protected, closely monitored populations."

Other sources show that a kilo of rhino horn has been fetching \$65,000 (Sh5,720,000) in the international black market. This is largely what has lately fuelled the illicit trade in ivory.

Greatest volumes seized

Indeed, data from TRAFFIC's Elephant Trade Information System (ETIS) shows that though volumes of illegal ivory have been increasing since 2004, the years 2009, 2010 and 2011 saw the greatest volumes being seized over the last 23 years.

TRAFFIC is a joint programme

of the World Wide Fund (WWF) and the World Conservation Union (IUCN) while ETIS is a system that tracks illegal trade in elephant ivory using records of ivory seized in different parts of the world since 1989.

Former KWS director Julius Kipng'etich had said that with US assistance, KWS was modelling the training of rangers along the lines of US Marine Corps besides building a forensic and DNA laboratory to help in the fight against wildlife crimes.

Mr Douglas-Hamilton requested the United States government for drones, helicopters, planes, more trained tracker teams as well as un-manned drones.

"To defeat poaching, the use of remote sensors, gunshot indicators and drones would help to give an edge over well-armed and highly-motivated criminal gangs," he said.

“

Criminals are willing to target even well protected, closely monitored populations”

Mr Iain Douglas-Hamilton, Founder of Save the Elephant

Varsity shut after violent student riot

BY MARTIN NDIRANGU

The Dedan Kimathi University of Technology in Nyeri was closed indefinitely yesterday and the students' union leaders suspended.

The students staged violent demonstrations on Tuesday over delayed cash from the Higher Education Loans Board.

Vice-Chancellor Ndirangu Kioni ordered the students to leave the campus immediately.

Union chairman George Mosi and secretary-general Japhet Kipkirui were handed suspension letters for allegedly organising the demonstration.

The student leaders said their suspension was unfair since they had a permit to hold a peaceful demonstration on the Nyeri-Nyahururu road from the police.

Drama in court as faithful pray loudly after bishop found guilty of contempt

BY SATURDAY NATION
CORRESPONDENTS

Members of the African Independent Pentecostal Church of Africa (AIPCA) yesterday broke into prayers at the High Court after their leader was found guilty of contempt of court.

Mr Justice Hatari Waweru directed that Archbishop Amos Mathenge Kabuthu deposits a Sh500,000 bail or be remanded pending sentencing on October 10.

Shocked by the verdict, the faithful who had thronged the court precincts broke into prayers, as they sought divine intervention.

Some, however, vent their fury on journalists and barred them from taking pictures of the archbishop as police officers led him to the court basement cells.

Justice Waweru said Archbishop

Mathenge blatantly disobeyed a court order when he proceeded to conduct ordinations on June 1, and June 8, 2014 despite a court order issued on May 20, 2014 stopping the exercise.

He had also approached a magistrate's court and obtained orders that prejudiced the orders stopping the ordination.

Give suggestions

He also approached a different division of the High Court seeking to stop the case filed against him.

The judge ordered Archbishop Mathenge to give suggestions, by Wednesday next week, how he is going to undo the controversial ordinations which were in contempt of court.

"Archbishop Mathenge is hereby directed to give a proposal in writing by October 8, 2014, how he is going

to purge the contempt," ruled Justice Waweru.

The suit against the archbishop was filed by Mr James Maingi, a member of the AICPA Nairobi Archdiocese Committee, accusing him of ignoring the church's rules and procedures.

Mr Maingi claims that the archbishop has been issuing threats to elected church leaders and banging tables during meetings.

They also accused him of suspending the 27-member committee of the Nairobi Archdiocese, paralysing the church's operations.

Other allegations are that Archbishop Mathenge formed a commission to run the affairs of the archdiocese, which is against AIPCA's constitution, and that he is funding, promoting and protecting splinter groups to disorganise church operations.

BRIEFLY

EMBU

Court rejects request to drop kidnap case

A court has rejected a request to withdraw a case against a police officer charged with kidnapping Embu Speaker Julius Mate. The Director of Public Prosecutions had sought to drop charges against Mr Nicholas Muriuki under a section of the law that allows fresh charges to be pressed if new evidence emerges. Mr Muriuki's lawyer objected, saying this would be a gross abuse of the powers bestowed on the DPP. Dismissing the application, the court asked why the suspect was rushed to court "without sufficient evidence" to sustain the trial. Magistrate Elena Nderitu ordered that the trial proceeds to a full hearing. Mr Muriuki was arrested two days after the speaker went missing. He denied a charge of abduction. The court set October 10 for a mention of the case.

City Girl



With Njoki Chege

nchege@ke.nationmedia.com

She is bold, sassy and audacious. See it through her prism and ride the roller-coaster life of Nairobi's young and trendy.

Young girl, married men are dangerous

That married man you entertain is a big liar. He will pay your rent, buy you a car, nice clothes and shoes and whisper that he loves you only to infect you with HIV

Married men are the number one carriers of HIV. Let nobody lie to you. You want HIV? Date a married man. Have unprotected sex with him and you are HIV positive. Before you jump at me, screaming "liar", may I have the pleasure of boring you with statistics?

Data from the National Aids Control Council says that of the 90,000 new HIV infections, 44 per cent happen in marriages and long-term relationships. This means almost half of all new HIV infections are happening in marriages and long-term relationships.

I know you are probably disgusted, but truth must be told and I will continue to rub it on your face.

That married man in the office; the one at the bar; the one you gyrate your derriere against his crotch at the pub; the one with a black Prado; the one who got you that administrator job at his company can never be trusted.

This is how it normally goes. You meet a married man. He charms his way into your heart and in your jeans and before you know it, you are sleeping with him. You are going on random



out-of-town trips together. He is paying your rent in your tiny penthouse on sixth floor in Kilimani. He is buying you the I-Phone 6 so that you can bend over for him (pun intended).

You are cooking dinner for him at your servants' quarters. He is camping at your house. You are going for Safaricom Sevens with him. You are sending him nude photos of yourself. For what? HIV.

Young girl, that married man you entertain is a big liar and dan-

gerous. He will lie to you that he wants a temporary relationship until you find a boyfriend and then he will "let you go" and probably attend your wedding. He is lying. What he is telling you is that you will have unprotected sex with him until he infects you with HIV and by then, it will be too late. And there will be no wedding.

Married men have insecurity complexes. They are more insecure than a 16-year-old teenage boy battling a bout of acne.

He will want to tie you down to himself. He says don't date other younger men and if you have to, use protection. Any man who tells you that is an insecure imbecile taking advantage of a lovelorn girl.

Girl, sit up and listen. If he cheats on his wife with you, he is cheating on you with another clande. This means he is not only having unprotected sex with his wife, but also with you and another clande elsewhere. And, my friend, you cannot

trust their wives because they may also be keeping young boys somewhere.

Worse still, the wife may be another man's 'exclusive clande'. Stay with me as I unravel these devious married men to you. His wife's 26-year-old clande probably has a girlfriend in her early 20s, who like you, is having unprotected sex with a married man who has another clande!

“

What he is telling you is that you will have unprotected sex with him until he infects you with HIV and by then, it will be too late. And there will be no wedding”

Author

Even if you are using protection, you are still not safe. You never know where these men and their wives have been. Besides HIV, these married men are carriers of other venereal diseases. Did you know that the Human Papilloma Virus (HPV) can be spread even when you are using a condom?

This deadly virus infects areas that are not covered by the condom. So girl, you don't have full protection. For your information, HPV can cause cervical cancer, cancer of the vulva or vagina. And you are still WhatsApping that married man?



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TION ONLINE
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citygirl

MY TOWN | The area derives its name from 'Ilmur' which is a Maasai word for donkey dung

Limuru: Much more to offer than cold weather

Vibrant market, Bata shoe factory and golf club among the attractions

BY LUKORITO W JONES
satnation@ke.nationmedia.com,

You've probably heard that Limuru is cold, allow me to underscore this; Limuru sure is cold.

Temperatures at times fall below 10 degrees Celsius; it is like 'winter' all year long. The temperatures are so low that children sometimes play hide and seek in the fog and mist.

During the rainy season, it pours three quarters of the time at night. You probably don't have to worry much about buying an umbrella, unless you're nocturnal. What you must invest in, however, is an electric heating system for your home or a fireplace.

Limuru is one of the few Kenyan towns where people give fashion a cold shoulder. Chances of seeing a woman in a miniskirt are way slimmer than those of Oscar Pistorius ever contracting

the athlete's foot.

Residents overdress not because of strict morals; the harsh weather twists their arm. The dress code for children usually goes like this: two vests, two tops, a sweater and a heavy jacket. And if you're shopping for a new set of school uniform, here is a tip, make sure the sweater is four times their size. This will enable them accommodate many other clothes underneath, keeping them warm all day long.

However, Limuru has a lot more than mist and fog to offer. Every Wednesday and Saturday, residents converge at Ndunyu. Ndunyu is Kikuyu for market.

The vast open air market provides the ultimate shopping paradise. In this market, powered partly by donkeys, one finds everything running from second-hand clothes and fresh vegetables to livestock and poultry.

To locals, Ndunyu is more than



JENNIFER MUIRURI | NATION

Limuru Town in Kiambu County. Despite the cold weather all year round, the green town is home to a number of factories including the Bata Shoe Company.

just a place for the exchange of goods and services. It has grown to be a part of their culture. So revered is the market that if you relocate to Limuru, you are not considered a resident until you

make your first visit to Ndunyu.

The name Limuru is a corrupted version of the Maasai word 'Ilmur', which means donkey dung. This is because the town is the indigenous home to many

donkeys which probably littered the place with excrement.

The small town in Kiambu County is a mere 'stone's throw' from Nairobi; it can be safely considered as one of the city's estates.

The landmark of Limuru Town is most definitely the Bata Shoe Factory. Many residents eke a living from the factory, either directly or indirectly.

If you visit the town around 1pm, you might be forgiven for thinking there was a public rally in the neighbourhood. This is because of the multitude of workers who would be leaving the shoe factory for lunch.

Limuru also boasts high-flying secondary schools like Loreto Limuru (Kottet) and Limuru Girls' (Choxx).

If golfing is your cup of tea, then the scenic Limuru Golf and Country Club is the place for you. Be it schooling for your children, your jogging regime, shopping for groceries or just a one-day retreat, Limuru is the place to be.

Tell us the interesting things about your town. Send your stories to satnation@ke.nationmedia.com

SATURDAY NATION

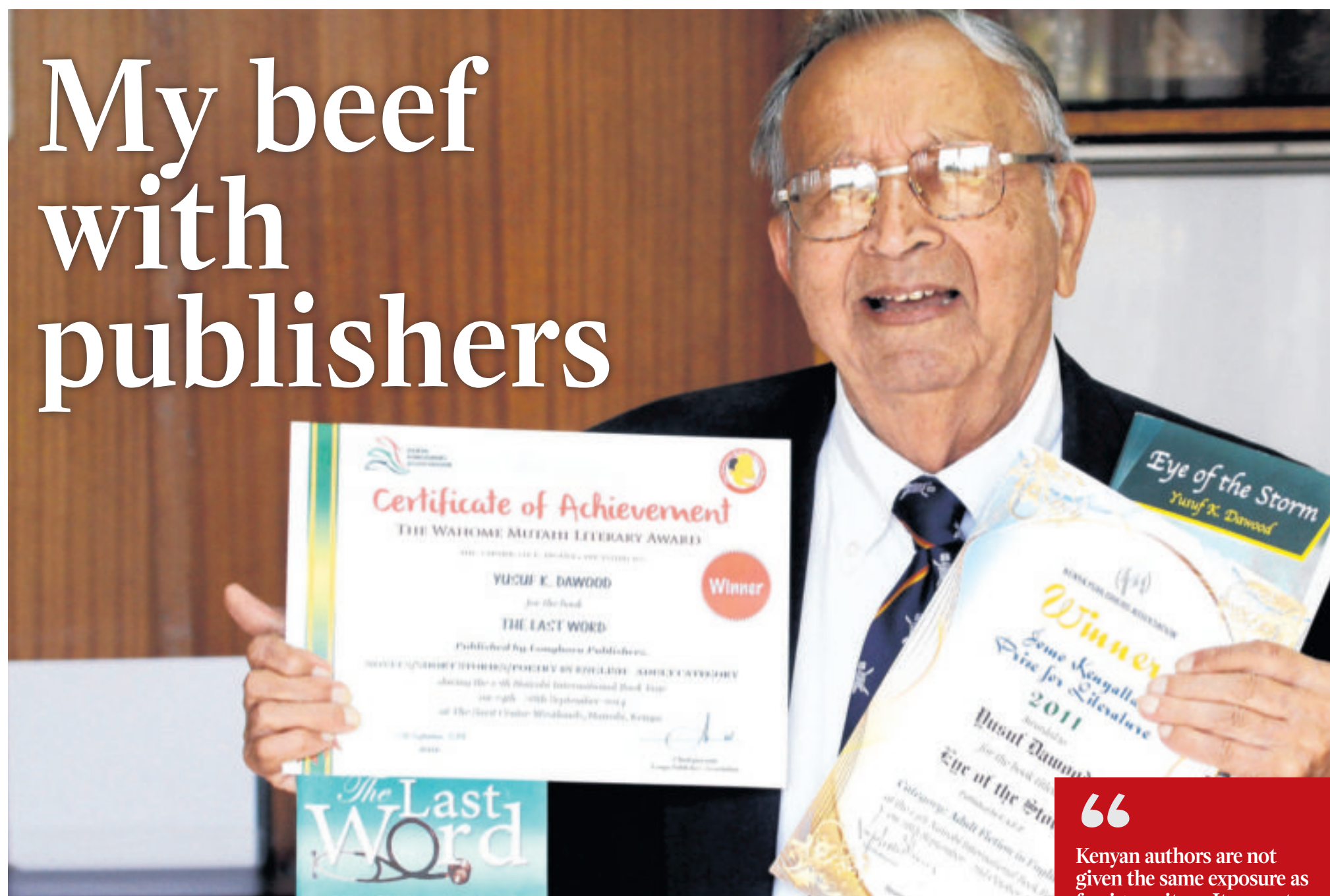
Weekend



**PLAY ON WESTGATE
ATTACK SEEKS TO HEAL
VICTIMS' WOUNDS**
Therapeutic poems, stories and
tributes lead audience to ask
“what next?”. **Page 40**

LITERARY DISCOURSE | Double-award-winning man of letters scouting for a foreign publisher for his new explosive novel

My beef with publishers



One of the most decorated authors wants publishers to reward writers' efforts by marketing their books widely

BY GODWIN SIUNDU
satnation@ke.nationmedia.com

Yusuf Dawood was declared winner of the 2011 Jomo Kenyatta and the 2014 Wahome Mutahi prizes for his *Eye of the Storm* and *The Last Word*, respectively.

In a country where such prizes are the only recognition literary writers can hope for — no streets are named after them, nor are they ever thought of as cultural heroes — it was fitting that someone who has given more than 50 years of his life to writing in and about Kenya should score a double. And so at the more recent event,

Dawood and other prize-winning writers — Jeff Mandila, Lilian Wairimu and Charles Gecaga — were feted in a ceremony whose chief guest, Attorney-General Githu Muigai, for that occasion at least, became a literary writer and critic specialising in Kenyan fiction.

But beyond the rituals of honouring the victorious writers with prizes, it is perhaps necessary that we question what the same prizes do to the growth of literature and to the writers who win or who do not win.

Has our preoccupation with prizes negatively impacted literary output, where publishers only target writers who are likely to win such prizes? What happens to innovative writing when the judges remain the same, with their orthodoxies and idiosyncrasies, in and out of seasons? And do we need judges who have themselves authored novels? Or is being an arm-chair critic enough to read and pass judgment over the works of those who toil in the trenches of practical writing? Of the books that won Kenyan awards, how many have made an impact regionally or internationally?

True, our prizes give us centres of literary perception by building a national canon of values considered positive and of other interests that shape the processes of writing — from manuscript readers, to publishers, to critics, to judges, and to the readers.

Contribute immensely

But do all these things amount to adequate recognition of our authors? Certainly not, considering that our writers contribute immensely to the solidification of national cultures and identities. Yet, while other countries and even hometowns would proudly claim their writers — remember Achebe's villagers dramatising *Things Fall Apart* in his honour in 2008, or Garcia Marquez' Aracataca residents mourning their Gabo? — Kenyans are different; they see such sons and daughters as irrelevant.

Even when we get such writers 'free of charge', like Dawood, we are hesitant to make them citizens. And this point was brought home to me starkly when I held a conversation with Yusuf Dawood, excerpts of which I offer here:

GS: You were recently declared the win-

“

Kenyan authors are not given the same exposure as foreign writers. It cannot be that all foreign writers are better than all Kenyan writers. It may be that we still harbour residual colonial hangover, which is anathema to me”

2014 Wahome Mutahi and 2011 Jomo Kenyatta literature prizes winner Yusuf K Dawood

ner of both the Jomo Kenyatta and The Wahome Mutahi prizes of literature for two of your works. What do you think about these two and literary prizes in Kenya generally?

YD: I feel very happy that I won the two most coveted prizes in Kenya. I am also proud that I write in two genres, the fictional novel and a factual diary, and I

CONTINUED ON PAGE 37

IN THEIR OWN WORDS | Kenyan authors speak

Mwazemba is off the mark, self publishing is worth the gamble

Many local writers, including Maillu, and others got their big breaks after publishing their own writings

BY NG'ANG'A MBUGUA
@NgangaMbugua

Three or four centuries ago, it did not make sense for writers to publish their own books.

The reason for this was simple. The process of preparing a book for publication was long, tedious, demanding and highly technical.

Back in the day, printers used wine presses to imprint type onto paper after which they bound the pages by hand. This, by the way, is the reason why printing machines are called presses. It is also the reason why printing first flourished in regions where grapes were grown on a large scale.

Mass printing was not even part of the publishing vocabulary because each book had to be produced individually, like a Swiss watch. Little wonder then that only those who had the courage to dash where angels feared to tread could venture into publishing.

Indeed, Benjamin Franklin, a pioneer printer in the US, warned that under such circumstances, the only person who could profit from publishing was the printer. After all, printers had the wherewithal to make and distribute pirated copies of the works submitted to them for printing.

A lot has changed since especially with the advent of digital technology. Just like the curtain in the temple was torn in the time of Jesus, allowing Christians to commune directly with God, so has technology removed the veil from publishing, making it possible for authors to make their way to the altar of publishing without the need for intercessors.

Now, with only a computer, one can “typeset” a book, design the cover and dispatch the artworks to a printer or to an online bookseller like Amazon at a relatively affordable cost.

Should not take the risk

Despite the opening of this brave new vista, John Mwazemba, the Chief Executive Officer of Phoenix Publishers, would have writers believe that the world of publishing is more dangerous than the man-eating island in Yann Martel's novel, *The Life of Pi*.

In two articles — one published in the *Sunday Nation* two weeks ago and the other in *Exhibitor's Magazine* published by the Kenya Publishers Association in September — he argues that although it does not make



FILE | NATION

Novelist Pat Ngurukie with Kenya Literature Bureau Sales and Marketing assistant manager David Mwaniki during the 17th Nairobi International Book Fair at Sarit Centre, Nairobi. Self-publishing is not as dangerous and brutish as some people claim.

“

Before I went into self-publishing, I had no creative award to my name. Today, two of my self-published books have won and been shortlisted for both the Jomo Kenyatta and the Wahome Mutahi prizes”

Author Ng'ang'a Mbugua

business sense for mainstream publishers to produce works of fiction, authors should not take the risk to self-publish either.

“Publishing fiction is a dangerous, non-rewarding business,” he argues in the magazine article. “It is a Hobbesian state of existence where life can be solitary, nasty, short and brutish.”

And in his *Sunday Nation* article, he warned that “it is a bad idea to self-publish any work of fiction”.

True, self-publishing fiction is challenging, but so is crossing the Thika Superhighway, yet people do it all the time. However, unlike crossing the superhighway, self-publishing offers worthwhile rewards in the medium and long term.

A writer I worked with on a self-published book once said: “Now, even if I die, I will die a happy man. I have published a book and I have passed across my message at no cost to myself.” On the day he said this, he had just broken even.

For writers like myself, who have dabbled in both worlds, self-publishing offers more financial rewards, although I must acknowledge that it is also capital intensive.

About half of the works I have published with mainstream

houses sell less than 100 copies a year, with the exception of *The Man in Green Dungarees* by Oxford University Press (Kenya) and *Mwai Kibaki, Economist for Kenya* by Longhorn Kenya, both of which have had robust sales in the last two years. Among the titles that sell more than 100 copies, most earn me less than Sh10,000 annually, which translates to less than Sh1,000 a month on average.

In contrast, my self-published novel, *Different Colours*, has sold more than 450 copies in the last month or so. On average, the novel sells about 800 copies a year. The other titles sell fewer copies but on average outperform the titles sold by mainstream publishers.

Just to give a random example. Yesterday, I sold six books worth Sh2,100 to a national school in Kiambu County. The sum is Sh700 less than the Sh2,800 I earned as royalties for one of my books which sold 96 copies last year. (Royalties are mostly paid in the subsequent year after the sales.)

Before I went into self-publishing, I had no creative writing award to my name. Today, two of my self-published books have won and been shortlisted for both the Jomo Kenyatta and the Wahome Mutahi prizes and I routinely submit them for international prizes.

My anthology of poetry, *This Land is Our Land*, was the first runner-up in this year's edition of the Wahome Mutahi Literary Prize. As I mentioned elsewhere, I had submitted most of the poems to a publisher in 1994 but they could not be published because they did not “fit in the company's programme” as the editor told me at the time.

Indeed, keen observers of the publishing industry will have noted that the most prolific writers, especially in the Kiswahili fiction market, began

as self-published writers.

Some of them have won awards on numerous occasions and gone ahead to become publishers in their own right. Others like Kyalo Wamitila and Kithaka wa Mberia started off publishing their own works. Now, they are mainstream publishers.

Let us also not forget that authors like David Maillu, who is reputed to live solely on his earnings from creative writing, became famous when he self-published his racy novels, including *After 4.30* and *My Dear Bottle*. As secondary school students, we used to read these books under our desks during maths lessons, not knowing they were self-published.

Interestingly, during the recent book fair, he told a symposium that a novel he had submitted to a publisher in 2003 was published in 2013. Those were 10 years of income in abeyance. For a young writer in a hurry, a decade is a long time to wait for your book to be published.

Having said that, I always say that writing a good manuscript is tough enough. For writers who wish to self-publish, turning it into a superior book is even tougher. But the toughest challenge of all is marketing it successfully.

One last thing. The modest benefits from my leap of faith have not just been mine alone. In the run-up to and during the Nairobi International Book Fair, held at the Sarit Centre in Nairobi last week, I created part-time jobs for nine people.

I would like to hear their views on Mr Mwazemba's assertion that self-publishing is dangerous, nasty, brutish and short.

Mr Mbugua is a journalist and creative writer. His poetry anthology, *This Land is Our Land*, was first runner-up for the Wahome Mutahi Literary Prize last week.

MY FAVOURITE BOOK

‘Gifted Hands’ saw me walk in Bennie’s footsteps to success

BY AMOS MUTURI

satnation@ke.nationmedia.com

Books have always been a source of clash and conflicts that I have experienced in my life.

Once in Form One, my Mathematics teacher threw me out of class for reading James Hardley Chase's *Mission to Venice*, an incident that made her nickname me “Chase” for a while.

At home, I quarrelled with my siblings on several occasions for soiling the novels that I had borrowed from friends. At school, I was quarrelled by my colleagues because I could return some of their books either torn or stained with soot. In short, I befriended books as soon as I knew right from left.

My grandmother, though uneducated, raised and influenced my education until my admission to university. I used to read books for sheer fun or to get new English words. Never did I imagine that books could mentor me by inspiring a different life from the one I was leading. That was until I stumbled on this gem: *Gifted Hands* by Ben Carson. I was 17 years old by then and in Form Four. I was a bright student who always topped the class, but I had no dreams. I did not know what I wanted to become either until I read this book that changed my life for good.

By following the inspiring odyssey of the kid raised in an outskirt ghetto of Detroit, the book acted as an inspiration that my condition was not as bad as I thought, and that I could rise above all my limitations. Energised and psyched up, I rose to the task of working harder for my forthcoming exams and though I never pursued neurosurgery as a career, the book opened a new chapter in my life.

Ben Carson's story is a story of a black American young man who was brought up in a backstreet ghetto of Detroit, Michigan. It is a story many Africans can relate to and draw inspiration from, especially those raised in humble backgrounds and who lack motivation to do great things.

I drew great inspiration from it, for it related to my life in many ways. Having been orphaned at age four, I couldn't help relating my situation to the struggles he went through after his parents separated and had to be brought up, with his brother Curtis, by the mother who educated them by doing odd jobs.

Though faced with different life hurdles and had to visit a psychiatrist at one point, his mother Sonya Carson was a strong spirited woman, with a positive mental attitude— an inspiration to her two sons. “That's not the kind of life that I want for you. That's not the kind of life that God wants for you... You're smart, Bennie. You can do anything you want to do,” she continuously inspired.

His mother's attitude toward education could only be rivalled by my grandmother's. They both put a great struggle towards affording their children an education through sacrifice and a positive outlook.

His mother's inspiration drove Ben to the library where he was supposed to read two books a week and report back to the parent, a step that saw him drastically improve in academics. His story is a different shade from what modern ghettos offer today.

He overcame his environment, racial prejudice and his limitation to become a great example of faith and genius to the young people. After the book tremendously changed me, I have been recommending it to many students, encouraging them to follow the story of Ben by taking any valuable help they can find in the book.

The book also formed the basis of my reading culture today. In my poor family, where there was no one to mentor you to become great, I had to look into books for inspiration that I needed to overcome and change my attitude and my outlook in life. I sought for his next book, *Think Big*, and the appetite to read self-help books grew as years passed by.

Since then, I have continued reading life changing books that seek champions out of ordinary people among them *Battlefield of the Mind* and *Managing Your Emotions* both by Joyce Meyer, *How to Stop Worrying and Start Living* and *How to Win friends and Influence People* by Dale Carnegie.

Others are books of great adventure of people who overcame powers that seemed to be beyond them in stories as *Iliad* and *Odyssey* by Homer, *Lords of the Ring* and *Hobbit* by JRR Tolkien.

Mr Muturi is a teacher.

Quickest way to make manure from kitchen

QUALITY SORGHUM SEEDS

My name is David Mugambi from Tharaka Nithi County. Where can I buy quality seeds of white sorghum and sweet yellow passion fruits? I am intending to plant sorghum in a transitional zone between coffee and dry land zone.

David Mugambi Mbuba

For sweet yellow passion fruit seeds, please contact Kari, Thika. They have two new varieties that would do well in your area. You could also inquire from them about where white sorghum can be obtained as they have a seed unit and they also have a white variety called Gadam.

Prof Mulwa, Crops, Horticulture and Soils Department, Egerton University

MAKING FERTILISER FROM KITCHEN WASTE

I have a small kitchen garden. How can I make organic fertiliser in my small garden? I have been storing vegetable and fruits' waste but they are not getting ready. What should I add to quicken the process?

Mori Lilo

What you are doing is close to vermiculture. This is a process of producing manure from earthworms (annelids). You need to add these worms and water to accelerate the process of producing manure. In this way, worms will eat the kitchen waste, and their excretes will be the manure used. This reduces composition from six months to two to three months.

Peter Caleb, Crop Science Egerton University

CONSTRUCTING GREENHOUSE

I would like to grow tomatoes in greenhouse in Turbo. I want to use local materials and I have a budget of Sh40,000. Please advise.

Nathaniel Kibet

Come up with specifications of the structure you want, then find an agricultural officer to guide you.

Peter Caleb, Crop Science Egerton University



CAUSES OF WILT IN TOTATOES

My name is Dola. I would like to know what causes the wilt disease in tomatoes and what is the best pesticide to use? Second, where can I get solar water pump or contacts for the dealers?

Verticillium wilt is caused by soil-borne fungi. Management of this disease is difficult since the pathogen survives in the soil and can infect many plant species. As with many diseases, no single management strategy will solve the problem. Rather, a combination of methods should be used to decrease its effects.

The following approaches should be used:

- Remove and destroy any infested plant material to prevent the fungi from creating new infections.
- Keep plants healthy by watering and fertilising as needed.
- Gardens should be kept weed-free since many weeds are hosts of pathogens.
- Susceptible crops can be rotated with non-hosts such as cereals and grasses, although

GROWING CARROTS IN BLACK COTTON SOIL

I come from Migori County and I want to grow carrots. Can they do well in black cotton soil? Where can seeds be obtained?

K'Opiyo

Carrots do better in well-drained, fine textured soils with good water holding capacity. Rich sandy loam is suitable for carrot production as it has an open airy structure. This type of soil provides the best conditions for the carrot roots to penetrate deeply and to swell. The pH should be between 6.5 and 7.5 for an excellent crop. It is hard to grow carrots in black cotton soil. But if you do, ensure you put plenty of manure in such soil months before planting. Leaf mould may also be added to lighten heavy soil and add nitrogen fertiliser before sowing carrots. Carrot seeds can be obtained from any agrovet shop near you.

Prof Nakhole, soil scientist, Egerton University

four to six years may be required since the fungi can survive for long periods in the soil.

Hezekiah Korir, Department of Crops and soils, Egerton University

USING INOCULANTS IN AQUAPONICS

I am planning to start aquaponic farming. Can one use the rhizobia inoculants in the strawberry plants and replace soil with volcanic rocks?

Farmer

Rhizobia inoculants are specifically for legume crops such as beans, cowpeas and soybean. Aquaponics involves growing fish and crops under low water requirements by using waste from fish pond to grow crops. So you can replace soil with volcanic rocks since you don't need any soil in aquaponics, just water and nutrients.

Hezekiah Korir, Department of Crops and Soils, Egerton University

TRAINING ON POULTRY

I am Lucas from Nyamira and I keep Kenbro hens. I hatch chicks which I sell after a month at Sh300. I need training on poultry farming to learn more on feeding, brooding and vaccination. Where can I do it?

Several institutions offer tailor-made training on livestock enterprises and development. They include universities offering animal science courses, middle-level colleges and government departments of livestock production. Please talk to any near you.

Wangui, James Chege, Department of Animal Sciences, Egerton University. Email:

ASK THE EXPERTS



Prof Bebe



Prof Kimurto

Do you have any question or enquiry on agribusiness, marketing, logistics, processing, innovation, and technology? Our pool of experts from Egerton University will respond to your questions with proper advice. Please send your questions to: satnation@ke.nationmedia.com. Read us online at nation.co.ke/seeds_of_gold

prejaw@gmail.com

BIOGAS INSTALLATION

I am Chepkurui Kebenei from Nakuru County. I need information about installation of biogas system.

Biogas, which can be produced from animal dung, human waste or kitchen waste, is the best alternative to deforestation, which is ravaging rural Kenya as people strip forests for fuel. Kenya has a number of biogas system installers depending on the size you find most suitable. You can contact Cypro East Africa on 0711552655 or info@cyprokenya.com.

Felix Akatch Opinya, Department of Animal Sciences, Egerton University akatchf@gmail.com

GROWING BOMA RHODES

Kindly advise me on the preparation of land and how to plant the Boma Rhode grass. When is the best time to prepare for the planting? I'm based in Kitale. Two, I learned recently that there is a vaccine for the deadly East Coast Fever (ECF). I would like to know if the vaccine is currently in the market and if so, is it available around Kitale. How can farmers access it?

Pius Inyangala

In preparation for growing the grass, it is advisable to prepare the land (plowing and harrowing) in advance especially during the dry season. Establishment is best done during the dry season just before the rains or irrigation. For an acre, mix 2kg of Rhodes grass seeds with 75 to 100kg of planting fertiliser such as NPK (23:23:0). One can also use well-decomposed animal manure at a rate of 250 to 300kg for every 2kg



Stephen Ngang'a inspects sorghum in his farm in Nyeri. Researchers from Kenya and Tanzania are working on a new variety that will earn farmers more. **BONIFACE MWANGI | NATION**

RABBIT FUR PRODUCTS

Please give me the contact of the farmer who make items from rabbit fur.

Farmer

I come from Vihiga County. I loved the story on Angora rabbits. I would like to get in touch with Hannington Yosi, the chairman of Vihiga Rabbit Breeders Group.

Judith Ambaka

EDITOR: Please reach Yosi on 0770541646 or 0733921009.

COWS WATCH TV

I would like to visit Ndykak Investment Farm in Nakuru. Please provide me with the contact.

Duncan Otieno

EDITOR: Contact farm manager Mathenge on 0726307994.

BOREHOLE DRILLING

As an ardent reader of *Seeds of Gold*, I would like to respond to Cecilia on the above subject.

First, borehole drilling is an expensive venture. To begin with, you have to do a geological survey at the area you need to construct the borehole. Second, you have to get approval from environment and water management authorities before you can begin the drilling. Having drilled a borehole before, I will recommend that you talk to African Water Drilling Company (0203516264 or 0720905541) for more information but I repeat that you must be prepared financially.

Brown Mulwa

EDITOR: We appreciate, keep reading.

DAIRY FARM

I need the contact of James Mburu, the dairy farmer from Matuu. He was featured on July 26.

James Kamau

EDITOR: Please reach Mburu on 0712042563.

I WANT TO BUY A HEIFER

I am requesting for Samson Yebei's contact. I want to buy a heifer from his

of seeds. Broadcast the mixture evenly over a weed-free field on a calm day (little wind). The soil should have sufficient moisture after seeding until germination seven to 10 days later. The ECF vaccine is currently available and you can contact the District Veterinary Office at Kitale to access the vaccine.

Ronald K. Kimiti, Department of Animal Sciences - Egerton University

QUITTING MAIZE FOR POULTRY

As a way of avoiding the necrosis disease in maize, I am resolving to do poultry and dairy farming on half-an-acre. Kindly give me tips.

Macharia N. Calvin



Poultry and dairy farming can be easily integrated. Integration may be through housing, waste use and disposal and in parasite control. In your case, dairy cow houses can be built such that the roof acts as the floor for the poultry house. This will ensure maximum utilisation of space allowing more area for pasture production or expansion of the enterprise. Chicken waste (guano) can also be used as a source of Non-Protein Nitrogen to the dairy cows thereby reducing cost of protein supplementation. Where chicken are kept on free-range system, they can be allowed to forage in the cowsheds where they act as an excellent biological control against ticks. Integrating the two animals also allows for diverse production options (meat, milk, eggs, guano and heifers) ensuring optimal profitability from the farm. However, in establishing the enterprises, ensure that you have adequate feed resources and the houses are well-sited. Also, involve a livestock expert in your area when planning to purchase your initial dairy cattle stock.

Wangui, James Chege, Department of Animal Sciences, Egerton University prejaw@gmail.com

waste

USE» RADISH IS USED AS A SALAD DUE TO ITS SWEET TASTE TO REDUCE STOMACH GAS AND ACID

Ramadan brings cheer to my farm

When Muslim faithful celebrate Ramadan, for Suresh it is time to harvest big cash

BY SURESH KARSAN
satnation@ke.nationmedia.com

I always look forward to Ramadan, the time when Muslims fast and pray. As a Muslim faithful, I like Ramadan because it helps me strengthen my faith, but as a farmer, I like the 30 days because this is when I normally have good business.

I have three-acre farm near Likoni flats off Mombasa-Lunga Lunga highway.

For six years, I have been growing different crops including paw paws, spinach, coconut and maize on this land, but of much importance to me is the radish plant.

I normally grow this plant once a year, from Shaban to Ramadan, but I get good money than what I fetch from the other crops.

Radish is a Eurasian plant (*Raphanus sativus*) with fleshy edible root and white to purple flowers.

Different colours

At the Coast, it is used during Ramadan as a salad due to its sweet taste and it has a lot of juice.

Muslims use the roots and leaves as salad to reduce stomach gas and acid in the evening after fasting for more than 12 hours.

Radish also helps in freshening breathe and regulates metabolism. The plant comes in different colours namely red, white, purple and black but I grow the white type only.

The plant can be eaten raw or cooked. Its roots and leaves are the most edible although the seeds, flowers and pods are also consumed.

This leafy crop is grown in two ways, using seeds or tubers, and it takes about a month



Suresh Karsan in his radish plants farm in Mombasa.
LABAN WALLOGA | NATION

WHAT EXPERTS SAY

VALUABLE CROP TO ANY FARMER

■ Dr Michael Njunie, a director at Kenya Agricultural Research Institute (KARI), Mtwapa and Sinyange Pole, manager at Kari Matuga says radish is a valuable crop. "When someone has not eaten for many hours as it happens when Muslims fast, radish helps to clear gas from stomach," says pole.

■ The plant, according to Njunie, also helps to deactivate enzymes reducing hunger pangs. The crop is widely used around the world, particularly in Asia, but many people are not aware about it.

■ Radish plant (below), according to research, treats urinary disorders and cleans kidneys. It is also useful in weight-loss.

to mature. You buy the seeds and plant in seedbed before transplanting to the farm.

It grows well at the Coast because of the warm weather and the soil.

I normally grow it during Ramadan because that is when demand is high.

In the other months, I grow the other crops, but mainly spinach which has ready market in homes and hotels in Mombasa.

I hire seven workers who help in ploughing the land, take care of crops and harvest.

Most of my customers visit the farm and do the harvesting in the company of the workers. For the radish plant for example, the buyers get into the farm and pick the amount they want, we then wash for them and they pay.

A tuber of radish goes for Sh30. I make between Sh150,000 to Sh160,000 mainly from the crop during Ramadan.

It is good money comparing

to what I used to earn while working as a fleet manager in a transport company in Mombasa.

I quit the job to manage the farm, which is called Miami Kitaru, and is a family business.

The farm has been handed down to our family members. My father inherited it from my grandfather and he passed it to me.

- As told to Daniel Nyassy

Are you engaging in any agribusiness. Tell us briefly via satnation@ke.nationmedia.com. Include your telephone number.



farm.

Bii

EDITOR: Please reach Yebai on 0726728976.

COOPERATIVE SOCIETY

My name is Harshil Gohil. I would like to contact Mbeere's Mwangaza Farmers Society.

Hashil Gohil

EDITOR: Please reach the group through Action Aid officer Onesmus Mutinda on 0707976000.

CHICKEN BROODER CLAY HEATERS

My name is Kennedy Mwaura. I incubate about 900 chicks every month and I live in Isiolo. I would like to contact the man who makes clay brooder heaters.

Mwaura

EDITOR: Makau can be reached on 0729725720.

BANANA FARMER

Thanks for your article on banana farming. Please connect me with Paul Ruga of Nyeri or Francis Mugo of Embu. I am interested in getting market for my bananas.

Harun Wanjohi

EDITOR: Ruga can be reached through our reporter on 0724014177.

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EGERTON UNIVERSITY'S 14TH ANNUAL GENDER AWARENESS DAY

Date : Friday, 17th October, 2014

Venue : Egerton University Main Campus Graduation Square from 9.00a.m.

Theme: "Challenges and Achievements in the Implementation of the Millennium Development Goals (MGD) for Women and Girls

Chief Guest: Hon Peris Tobiko, MP for Kajiado East Constituency

The purpose of this forum is to bring together communities, schools, the entire University community, partners and stakeholders to participate in various awareness activities, reflect on past achievements and deliberate on future undertaking as well as forge new direction for the Institute.

The Gender Awareness Day also provides all stakeholders with a forum and space to share, interact, connect, bond and network as well as rally behind a certain theme. The Gender Awareness Day has proved to be a powerful tool for creating awareness on gender issues in the community and advocating for gender equity in all spheres of life.

For further details or clarifications, please contact

**The Director,
Institute of Women, Gender and
Development Studies (IWGDS)
Phone No. 0714-995388 or
051-2217891/2 Ext.3019,
email - genderinst@egerton.ac.ke**

Egerton University is ISO 9001: 2008 certified

husbandry

MANAGEMENT» KEEP RECORDS TO TRACK YOUR ANIMALS



A worker takes care of animals in Naivasha. Seek professional advice before purchasing dairy COWS. FILE | NATION

How to get the most from your dairy cow

It all starts with choosing animals that are well-suited for your region

BY MARY MUCHUNGUH
satnation@ke.nationmedia.com

Faint heart never won fair lady, sages said. One has to be persistent to reap the benefits of his labour. This applies to livestock farmers as well as the venture is not an easy.

For dairy farmers, extra effort is required to enjoy good milk production. Some farmers sing to their animals while others allow them to watch TV. It is, however, important to note that healthy animals can never be a let-down.

Dairy farmers need to apply Good Agricultural Practices as outlined below:

Nutrition (water and feeds)

A dairy animal's health and productivity, as well as the quality and safety of its milk, depends largely on providing the right feeds and water. The farmer must ensure feeds are well-balanced.

Fibre, proteins, energy and minerals should be part of the primary constituents of the diet. Grasses and legumes are good sources of protein, while minerals may be sourced from commercial salt licks.

However, to reach a cow's optimal milk production, additional sources of energy may be obtained from commercial feeds. Clean water must always be readily available. A lactating cow drinks up to 120 litres of

water per day.

Animal health

Unlike beef cattle farmers, dairy farmers have to raise the bar in relation to disease management. Dairy animals are extremely vulnerable to heat and wet housing conditions. Poor hygiene especially during milking sessions increases susceptibility to contracting mastitis. An infected cow will definitely have reduced milk production and incur the farmer more costs.

Thus, farmers need to be up-to-date with their animals' health records. More importantly, ensure that you use only prescribed medication as directed by veterinary office. A good dairy farmer must always stay a step ahead of diseases by regularly checking their animals. Early detection is crucial.

Clear, dry and well-ventilated housing conditions are necessary. Wet floors will cause foot rot and poor ventilation could result in hot and humid conditions that will increase the chance of the animal contracting mastitis and other infectious diseases.

These humid and hot conditions are also favourable for many disease vectors. Farmers should put in place disease-entry prevention measures

like footbaths to maintain high level of bio-security.

Matching breeds to environment

Choose animals that are well-suited to the production systems and environments of your region. Sometimes farmers purchase and attempt to rear animals that do not suit production systems.

For example, a farmer who attempts to raise a Holstein-Friesian cow in an extremely hot and humid area while practising open grazing should not expect good yields. This animal will be exposed to several challenges such as disease, heat stress and poor quality feeds.

When the same dairy cattle breed is reared in higher altitude and cooler areas, it will have improved productivity. For hot areas, one should keep Fleckvieh, a high-yield dual purpose breed.

This animal is hardy and well-adapted to several environments. It is important that farmers seek expert and professional advice before purchasing dairy animals to get the most suitable breeds.

Animal welfare

Most farmers take animal welfare for granted. Dairy animals should be treated well based on five key freedoms namely freedom from hunger and thirst, freedom from fear, freedom from discomfort, freedom from pain and freedom to movement and to engage in normal animal behaviour.

Dr Muchunguh is a livestock expert, drmary.muchunguh@gmail.com

120

The amount of clean water in litres a lactating dairy cow should drink in a day for higher production.

value addition

GETTING STARTED» A FARMER MUST GET A LICENCE FROM COFFEE DIRECTORATE TO START PULPING HER PRODUCE

I reap six times more from my coffee

At a time other farmers are uprooting coffee over low pay, Grace is a happy woman earning good money from the cash crop

BY EVALYNE GITHINJI

@EvaGithinji

satnation@ke.nationmedia.com

Grace Mwangi lifts a bucket containing red ripe coffee berries and pours them into a compartment of a pulping machine.

The coffee farmer then fetches water from a tap and pours it in the container where the coffee berries are.

Soon, her worker on the other side of the pulping machine starts rotating a lever device. The process is called pulping and involves removal of the outer cover of the coffee beans.

Grace, a farmer from Muruguru village, just outside Nyeri town, engages in the process to earn more from her coffee that she grows on eight acres.

After pulping, which Grace learned from a fellow farmer, the beans are dried in the sun for two weeks. She then stores them in well-ventilated coffee store for another 12 weeks before selling.

"I sell my coffee beans to Highlands Coffee Mills. The Grade AA beans go for an average of Sh32,841 (\$369) per 50kg bag after pulping."

On the other hand, other farmers sell dry coffee beans to millers at Sh110 per kilo, making Grace's value addition six times more profitable. Indeed the proceeds could be much lower if one sells the fresh coffee without pulping as a kilo goes for between Sh10 and Sh30 currently.

These meagre proceeds prompted the farmer to buy her own pulping machine.

"I realised that selling my coffee beans directly to factories with the skin was not fetching me good profits. The most I received was Sh60,000 from 3,000kg of coffee."

What makes coffee farmers get low pay is due to factories deducting some money to pay their staff who do the pulping.

"I bought my pulping machine at Sh100,000 from a company in Karatina," says the farmer, who went into coffee farming about six years ago after retiring as a civil servant.

But for a farmer to pulp her beans, Grace says one must acquire a licence.

"It is a rigorous process that involves one's farm being inspected to ensure they engage in good agricultural practices and one must have at least 10,000 trees. It took me three years before I was given a permit in 2012 by Coffee Directorate, formerly Coffee Board of Kenya."

According to the Coffee Directorate, a farmer must grow five acres of mature coffee to get a pulping station licence.

Coffee factories must give



Grace Mwangi pulps her coffee in her farm in Nyeri. JOSEPH KANYI | NATION

clearance before a farmer is given the licence.

The clearance is to ensure the farmers do not owe debts although most factories are usually unhappy since farmers are competing with their cooperative societies.

However, millers are happy since they are able to buy pulped coffee directly from the coffee estate farmers.

Currently, Nyeri County has 165 coffee estate farmers pulping their own coffee.

After getting the licence, Grace started pulping her coffee and was optimistic her earnings would grow significantly.

However, misfortune soon struck. Thieves broke into her store and stole pulped coffee beans worth Sh600,000.

"That night I had pulped my coffee and went to sleep as usual.

But when I woke up, I found thugs had dug a hole in my fence and stole the coffee beans," recounts Grace.

She, thereafter, constructed a perimeter wall surrounding the pulping machine which she also fitted with security sensors.

The pulping machine has a motor, which helps to run the device hence little human effort is required.

The farmer now has two pulping machines. "I took a loan from Coffee Development Fund to purchase the second pulping machine at Sh200,000."

"I had to get the machine because the number of my coffee trees rose from 3,000 to 10,000. I now pulp on average 3,000kg to 4,000kg per month."

Grace produces Grade AA coffee beans, which earn more. And what is her secret?



I REALISED THAT SELLING COFFEE BEANS DIRECTLY TO FACTORIES WITH THE SKIN WAS NOT FETCHING ME GOOD PROFITS,"
Grace Mwangi

100k

The amount of money in shillings the farmer bought her first pulping machine.

COFFEE DISEASES AND NEW VARIETIES:

■ Old coffee varieties namely SL34, SL28 and K7 are prone to coffee berry disease and leaf rust.

The two diseases are fungal and can be transferred from one farm to the other by wind. Hailstones and rain can also bruise the berries resulting to infections.

Bacterial blight is another disease affecting coffee berries but is not prevalent in most coffee growing regions.

It is recommended that farmers conduct soil tests to ensure they are aware of the acidity levels. Coffee requires PH of 4.5 to 5.5.

Calcium Ammonium Nitrate fertiliser is used while planting to increase acidity. On the other hand, Ammonium Sulphate Nitrate fertiliser is applied to reduce acidity.

"I plant certified seeds and apply manure as recommended. And after harvesting the beans, I sort the ripe from unripe beans before I begin to pulp."

However, Grace does not only grow coffee. She also keeps cows and grows bananas.

She has nine cows, four of which are lactating and the rest are heifers.

She also has six goats and has grown 150 banana stems and she plants tomatoes in a greenhouse.

She fetches another Sh100,000 a year from the crops.

Her diversification and resilience paid off recently when she was named the best mixed farmer in the county during the Nyeri Agricultural Show.

In the award, she was recognised for utilising her farm well by planting bananas, tomatoes and coffee, and rearing goats, cows.

Senior Technologist at Dedan Kimathi University Chuaga Kinuthia notes that a coffee bean has the pulp, the inner part known as the parchment and the silver skin.

The pulp is extracted by coffee factories or by farmers owning pulping machines while the parchment is removed at the miller's level.

The silver skin can be partially removed by the miller before it is extracted finally during coffee roasting.

Chuaga notes that pulping and drying the coffee beans must be done meticulously, and one needs training to do it well.

"If a farmer can pulp, then the better because the earnings are more since they will sell directly to millers. If one sells to a cooperative society, the institutions have to deduct their own operational costs, which includes pulping."

Coffee Research Institute Acting Head of Coffee Breeding Unit Jane Jerono says farmers should grow the Ruiru 11 and Batian varieties, which have been released in the market recently.

Jane says the new varieties are disease-resistant, grow faster and have higher yields than the older varieties namely SL34, SL28 and K7.

farming practices

GETTING THE BEST» A FARMER WITH LESS THAN AN ACRE SHOULD GROW TWO DIFFERENT CROPS FOR GOOD RESULTS



Clement Kodhek in their farm in Siaya County. Below: Isaiah Omondi with the rabbits they keep. JACOB OWITI | NATION



The many things we do with our half-acre piece

Sukuma wiki, onions and pumpkins are among crops Omondi and Kodhek grow on a piece of land they have leased

BY ANITA CHEPKOECH
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AND NELCON ODHIAMBO

Every day by about 7pm, Isaiah Omondi, 30, and Clement Kodhek, 40, ensure they have finished watering their crops at their farm in Usenge, Siaya.

"We do it early to avoid the water from evaporating. If you don't water by 7am, the crops may not benefit as expected because the sun will evaporate the water," explains Kodhek.

They grow *sukuma wiki* (collard green), pumpkin and onions, and keep chicken, rabbits and goats.

"We met over a year ago through a friend and realised that we were all interested in farming and decided to join hands."

They raised Sh10,000 and leased half-an-acre, which they have divided in different parts, at Sh5,000 a year adjacent to Lake Victoria, where they grow the crops through irrigation.

The rest of the money they used to buy cabbage seedlings, pumpkin seeds and till the farm.

However, the duo's hopes for quick returns were shattered after the vegetables rot.

"Our 1,000 cabbages and pumpkins were attacked by a disease that an agricultural officer identified as bacterial wilt," recounts Omondi.

"By then, we were still ignorant and planted every crop traditionally. We did not protect

20

Number of rabbits they lost to alopecia, a disease that makes an animal lose fur

them against diseases but now we know, we scout for disease regularly."

Having learned the lesson and picking others from agricultural officers, they realised their mistakes.

"We ensure we spray our crops. We also weed, use manure and plant certified seeds."

They buy pumpkin seeds at Sh200 per every 25g and plant two in each hole spaced at 1.5 metres.

The pumpkins begin to flower at one-and-a-half months. "What comes out first are the male flowers, which will fall off after two weeks and later the female ones sprout and begin to fruit," explains Kodhek.

"Once the crops fruit, we allow the stems to grow to a maximum of five metres, then prune the bud to prevent it from yielding more fruits which will increase competition for nutrients making the fruits too small."

Pumpkins take 80 to 120 days to mature and every stem produces a minimum of five fruits with the biggest weighing up to 10kg.

The young farmers who have since harvested twice now have 65 pumpkin stems. They sell the fruits at Sh40 each and

cabbages at between Sh30 and Sh40 to traders in Siaya.

Sukuma wiki and onions have been their favourite as they rarely get diseases.

"Once planted with manure, watered, weeded and sprayed with pesticides, they are a constant source of income since their demand is high."

The friends, who are doing the venture to get extra income, keep 43 Chinchilla rabbits under the name Gifted Rabbit Farm Foundation.

"Rabbit farming is advantageous because the gestation period is only 30 days with each rabbit producing up to 10 kids," says Omondi, who adds they get vegetables from their farms to feed the rabbits.

They sell the rabbits according to their weight which ranges from 2 to 7kg. In a good month they sell about 10 rabbits.

"The market is there but we have realised we do not have enough animals. Recently, Kisumu's Safari Park Hotel management asked us to supply them 100kg of rabbit meat a week for three months but we lost the opportunity because we could not," says Omondi, who rears the animals on his parents' farm. One of the challenges with rabbits is difficulties in accessing vaccination.

The two in May lost 20 rabbits to alopecia, a disease that weakens an animal and causes fur to fall off.

The disease is caused by trauma or immune disorder. All rabbits are susceptible irrespective of age, breed or sex.

They bought five more does to increase their brood.

"We served our five goats recently through artificial insemination. The breeds are called Barnyard and produce 10 litres of milk per day," says Kodhek.

The group keeps 20 chicken under free-range.

Omondi and Kodhek share



IN CASE CROPS DIE, A FARMER TAKES SOLACE IN ANIMAL PRODUCTS. THE FARMER ALSO BENEFITS BY USING MANURE FROM ANIMALS IN HIS CROP FARM THUS SAVING ON FERTILISER"

Jared Mutai, an Assistant Agricultural Director, Bomet County

profits

from the vegetable farm equally after setting aside 30 per cent to be ploughed back into the business. However, for the animals, Omondi gets a lion's share since he keeps them.

"From the Sh10,000 we made recently from selling rabbits, we agreed Kodhek gets 10 per cent since he was not involved much in rearing except finding market," says Omondi.

Jared Mutai, an Assistant Agricultural Director with Bomet County government, says mixed farming is the best way to go for any farmer.

"In case crops die, for in-

stance, a farmer takes solace in animal products."

"The farmer also benefits by using manure from animals in his crop farm thus saving on fertiliser."

However, he notes that mixed farming can be tricky for those who do it on small pieces of land as they will not enjoy economies of scale.

"I would advise a farmer with less than an acre to specialise in two or three crops at most to make business sense.

Cereals and legumes especially need larger portions but vegetables can be excused."

DISEASES» WATCH OUT FOR BANANA THRIPS, WHICH MAKE LEAVES APPEAR AS IF ASH HAS BEEN SPLASHED ON THEM

My bananas won me top show award

Falaciah is basking in glory after being named Farmer Number One due to her project that has changed lives of farmers her village



BY KIHU IRIMU
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Falaciah Kinyua with her husband Geoffrey at their home in Kirinyaga with a photo showing when she was honoured on Wednesday by the President. KIHU IRIMU | NATION

She walks along the neatly lined banana stems, prunes a leaf here, uproots a weed there and examines a bunch of bananas cut and left on the farm.

Falaciah Kinyua, thereafter, picks a call on her mobile phone to answer an inquiry about the next Mother's Union meeting. She cuts an image of a successful person living in a luxury of sorts.

But Falaciah is an ordinary woman living as a small-scale farmer in Kirinyaga. She is currently basking in glory after she was decorated on Wednesday by President Uhuru Kenyatta as Farmer NO. 1, women category, at the ongoing Nairobi International Trade Fair. Falaciah shook hands with the President after topping the National Farmers Competition Award Scheme.

The 52-year-old mother of three grown-up sons got into farming after being retrained by the Ministry of Health in 2000, where she had been employed as a field health worker since 1980.

In the struggle to survive with three school-going children and at the same time change from being employed to self-employment, farming featured in her mind as an option "after four good years of agonising confusion".

She is happy that she has received recognition from the highest office in

the land.

"I could not believe that it was the president who was telling me congratulations. That has stuck in my mind since then."

Initially, her farming enterprise on five acres in Mukinduri, Kirinyaga County comprised of 400 coffee trees, three cows, a number of goats and chicken. She attended farmers' seminars which saw her improve the cattle by introducing Friesian breeds, then dairy goats and Kienyeji chicken.

"Neighbours were amazed at the quality, health and production of my animals and crops," she recalls. On seeing their eagerness to learn, she started engaging them on crop husbandry and animal health. Without knowing her positive influence on local community, she was noticed by the Ministry of Agriculture officials.

An opportunity arose in 2008 when the Kenya National Farmers Federation with their international partners came looking for farms to set up demonstration plots in Meru, Embu, Murang'a and Kirinyaga. Among other considerations, they wanted to work with individuals who were already role models and Falaciah was selected.

"At the time there were only 200 banana stems on our farm," she says adding that the ministry was keen to promote tissue culture bananas. They gave her manure and seedlings to set up a demo farm, which currently has 1,000 banana stems and it is largely on the basis of this venture that she received the award.

Other than bananas, upcoming and experienced farmers visit the farm to learn about organic farming, crop rotation, furrowing, mixed farming and intercropping, record keeping, networking, diseases and pest control.

The Ministry of Agriculture and research institutes take their trainees to the farm. Over 300 trainers, researchers and farmers have visited the farm since 2011 as attested by her visitor's book, which is signed by local and international media personnel, teachers and students of agriculture. Sometimes she hosts 50 visitors at a go.



Karinga Banana Growers Association members with their produce in Kirinyaga. KIHU IRIMU | NATION



Falaciah Kinyua in her coffee farm in Kirinyaga. KIHU IRIMU | NATION

The farm is also a "testing ground for different methods of farming".

Currently, bagging, a method where a banana fruit is enclosed in a specially made paper bag to keep away diseases and pests and the product clean without breach marks of scorching sun, is being tested on the farm.

Another expert is trying to find out how frequent digging drains soils of essential minerals contrary to popular opinion that digging improves soils.

Along with neighbours, they learnt another thing. The potential for bananas had remained hidden from the local people who despite working hard still sank deeper into poverty while brokers laughed all the way to the bank.

"We ganged up and kept the prices as low as Sh50 per bunch," she recounts. Falaciah led them to form Karinga Banana Growers Association through which they sell their harvest directly, bypassing the brokers.

Instead of selling per bunch as the brokers wanted, they started selling in kilograms, which fetches better prices.

A kilo goes for Sh15 and a bunch of tissue culture banana can weigh 40kg. About 80 per cent of the families in Kirinyaga own 70 banana stems due to land demarcation, she says.

Karinga and other groups are helping the families to earn as much as tea or coffee farmers.

Falaciah chairs Karinga group which has over 200 farmers. With her husband Geoffrey, an employee of the Kutus sub county government, they provide the group with space for storage of bananas before sale.

Paul Njiraini, a member of the group says: "The bananas that we sold for Sh70 to the broker go for Sh120 now when we sell collectively." Adds Penina Muriuki, another member: "We worked, others harvested but since we formed the group we work and earn."

The group creates awareness on banana thrrips, which make leaves look as if ash has been splashed on them; Panama wilt and the Yellow Sigatoka, which dries leaves. While these are emerging challenges in Kirinyaga, the area with red well-drained soils suited for bananas, cigar end rot disease is a major threat the group must address.

According to Falaciah who is also an official of the countrywide Banana Growers Association, the next most important step for banana farmers is to move into value addition where they can sell bananas in powder form to fetch higher prices in the local and international markets.

GET IT FAST

WHY YOU SHOULD SELL YOUR OWN PRODUCE

- Farmers who sell their own harvest, according to experts, make their ventures profitable and worthwhile.
- Selling directly is a way of informing consumers that you value them and what you do.
- It also gives you a chance to explain your means of production.
- Those farmers who brand their products sell twice as consumers connect with a specific brand.

MANAGEMENT» MULBERRY MUST BE PRUNED AFTER EVERY THREE MONTHS AND KEPT AT ONE FOOT FOR BETTER PRODUCE

Yes, I've a bumper harvest, but just where's the market?

Kahiga's farm is teeming with hundreds of mulberry trees that have done well, but the farmer has found it hard to earn from this venture

BY ELIZABETH MERAB
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The 400-metre dusty road on the outskirts of Ruiru Town winds between several housing projects before one arrives at Nathan Kahiga's farm.

Several trees swing their branches as the wind blows. Kahiga, a mulberry farmer, is crouching in a shade tending to his several seedlings, which he will transplant to his farm.

Kahiga has been growing the "strange" plants normally fed to silkworms since last year.

However, the farmer does not engage in the venture to feed the worms — he processes the leaves into powder for human consumption.

"I started growing mulberry after attending a series of training at Kenya Agriculture Research Institute's (Kari) Sericulture Department in Thika organised by agriculture officers," he says.

Then, the farmer had no idea what mulberry was and its economic value.

"What intrigued me most during the training was that mulberry had a number of uses other than being fed to silk-worms," says Kahiga, who adds he learned that the plant could be used as animal fodder.

Prior to the training, Kahiga who was a horticultural farmer, was looking for a new agribusiness venture after his greenhouse was destroyed by termites just after harvesting. His loss was more than Sh100,000.

The farmer bought 3,000 mulberry cuttings at Sh1.50 each after the training.

"I planted most of the cuttings on my more than quarter-acre but most of them died. I remained with about 1,000 stems that matured after five months."

A good cutting, according to Kahiga, should have at least three buds.

"Mulberry cuttings must first stay in the nursery for two-and-a-half months before they are transplanted to the farm. While transplanting, cut off the shoots to enhance chances of survival," he explains.

A cutting is planted upright in a 45cm hole, which is filled with 4kg manure, leaving one bud above the soil. The spacing between the plants should be 5 by 3 feet.

"I prepare my own cuttings by harvesting the mulberry leaves using a secateur. I harvest and leave the shoots which we cut to make the cuttings for the nursery."

The farmer harvests the leaves, dries and grinds them into powder, which he sells in 10 to 100g packets to residents within two weeks. A kilo of mulberry powder is produced from 6kg of dried leaves. A kilo costs Sh10 to mill.

MULBERRY MUST FIRST STAY IN THE NURSERY FOR TWO-AND-A-HALF MONTHS BEFORE THEY ARE TRANSPLANTED TO THE FARM"

Nathan Kahiga

ADDING VALUE TO THE PRODUCE

There are two ways of preparing mulberry leaves for milling.

Blanching: This involves washing the leaves using cold water. After they are clean, put the leaves in boiling water for 15 secs. Remove them from the boiling water and immediately place them in cold water. Dry the leaves under the shade or room temperature until they become crisp. This method makes the mulberry retain its quality because the boiling water reduces the rate of metabolism.

The other way is to clean the leaves, dry in a shade until they are crisp and then mill.

Mulberry can be planted in any part of the country as long as a farmer grows the appropriate variety.

"The leaves must thus be washed thoroughly to remain clean. I normally harvest and put them in a makeshift tent where they dry."

The 47-year-old farmer says the temperature of drying the leaves using a machine has to be controlled at 30 to 42 degrees Celsius to prevent yellowing.

It takes three to four days to dry the leaves in the sun and four hours using a drier.

Once the leaves are dry, Kahiga separates the good from the bad.



Nathan Kahiga takes stock of his mulberry plants in Ruiru. BILLY MUTAI | NATION

"We select partially dried leaves from the dry ones, and pack the latter in sacks and transport them to a miller in Thika. The sacks must allow for air circulation," says Kahiga, who also feeds the mulberry leaves to his cows and goats.

He eventually ends up with mulberry powder that he sells at Sh300 for 100g sachet. The powder can be used as a food additive.

Anne Igecha, an expert at NSS, says farmers must keep the mulberry tree at one foot for easy harvesting. She advises that a mulberry farmer must prune the trees after every three months.

"From the nursery, the plant usually grows as a single shoot but when you want it to produce more, you must trim it to near the ground in the first three months."

"Let it grow for another three months and then select the best three shoots and cut off the others. This is done to prevent competition for nutrients among the shoots."

After another three months, Anne says pruning should be done at one foot above the soil level. This is the ideal height for harvesting mulberry.

"Mulberry is nutritious. You can sprinkle it on food as it cooks

or add to boiled water and stir then let it cool before drinking it," she says.

Lack of knowledge on mulberry benefits has become a major challenge for Kahiga.

"People lack adequate information on nutritional value of mulberry, therefore, they are reluctant to buy. I am stuck with leaves that I cannot sell. It takes a lot of convincing and persuasion before one buys the product," says the farmer, who is hopeful he will soon get bigger market.

Dr Paul Gamba, an agribusiness lecturer at Egerton University advises that to avoid losses, a farmer should first do a market research to establish where the market for his produce is before adopting a new crop.

One should also consider the quantity and prices of the particular crop.

"It is advisable for a farmer to weigh his options before losing money and time growing crops that may not have a ready market. Do not look for market after harvesting."

He also says that farmers can also venture into contract farming for profitability purposes.

That way, Dr Gamba notes, a farmer will only deliver the produce as agreed to with the buyer in the contract.



Alternative crop Six reasons why you should grow spider plant

TRADITIONAL VEGETABLES

have become a delicacy for many families in Kenya. These vegetables include spider plant (sagaa or saget), amaranth (terere), black night shade (managu), slender leaf (mitoo), pumpkin, jute mallow (mrenda), vine spinach (nderema), cowpeas and Ethiopian kale.

However, of all the traditional vegetables, spider plant stands out.

The vegetable is mainly grown in Kisii, Nyamira, Kisumu and Tharaka Nithi. Spider plant grows well from an altitude of 0 to 2,400 metres above sea level and thrives best in areas with 18 to 25 degrees Celsius temperature and sandy loam to clay loam soils.

Studies have shown that spider plant is highly nutritious compared to most of the other vegetables.



It contains high levels of beta-carotene, Vitamin C, Vitamin A and moderate levels of calcium, magnesium and iron. It also has high level of crude protein, lipids and phenolic compounds.

The fresh leaves and shoots are harvested and cooked either alone or mixed with other vegetables. It is also used in mashed foods. The leaves may also be crushed to make a drink to cure scurvy. In some communities, the leaves are boiled and marinated in sour milk for two to three days and eaten as a nutritious meal. This is believed to improve eyesight, provide energy and cure marasmus.

It is a highly recommended vegetable for pregnant and lactating women. Traditionally, eating the vegetable was used to reduce dizzy spells in pregnant women, the time taken in labour and help to regain normal health after childbirth. Spider plant is also used to cure migraine, vomiting, diphtheria, vertigo, headache, pneumonia, septic ears, stomach ailments

and is fed to boys after circumcision.

Spraying an aqueous extract of spider plant can reduce aphid and thrip population in crops, and intercropping it with cabbage reduces diamond black moth (*plutellaxyllostella*) as well as thrip attacks. It also has an anti-feedant action against the tobacco caterpillar.

Intercropping snap bean and roses in the greenhouse with spider plant significantly reduces the population of spider mites. And intercropping spider plant with onions significantly reduces the population of thrips.

Challenges facing spider plant farmers include lack of quality seeds as most of them recycle what they harvest, short vegetative phase as the vegetable tends to flower early before an economic yield has been achieved

and this leads to low leaf yields in the range of 1 to 3 tonnes per hectare compared to the optimal range of 20 to 30 tonnes per hectare. There is also the metallic blue beetle which is a major pest of spider plant and if not controlled, the beetles feed on the leaves leaving holes and the crop will not do well.

To overcome some of these problems, one should go for certified seeds. The removal of flowers once they appear can also help curb the problem of short vegetative phase and increase yields. Insecticides can be used to spray the metallic blue beetle.

Carol Mutua, Department of Crops, Horticulture and Soils, Egerton University

cost-cutting

ALL-ROUND» STUDENTS WHO PRODUCE THEIR OWN FOOD GET FARMING SKILLS AND COME OUT OF SCHOOL WELL-EQUIPPED



Left: Moses Karanja, a Form Two student at Rongai Boys High School in Nakuru County feeds pigs. Right: Brian Kiptoo in sukuma wiki farm at the school. Below: Bro James Thiong'o, the principal. SULEIMAN MBATIAH | NATION

We feed ourselves and sell the surplus

At Rongai Boys, students plough land, grow maize and beans, weed and milk cows, with the harvest helping to bring down the cost of school fees

BY STANLEY KIMUGE
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an Smith usually wakes up at 4.30am and goes for preps until 6am. He then takes his breakfast before joining other students in feeding animals in their pens.

His classes begin at 7.10am and run up to 3.30pm when the Form Two student goes back to the farm, a time he shares with sports and other co-curricular activities.

It is a routine which all students adhere to at Rongai Agri-Tech Boys High School, 30 kilometres west of Nakuru Town.

On a normal day when you visit the school after 3.30pm, you will spot a group of students breaking sweat at the institution's five-acre piece of land.

The Catholic-affiliated institution with 380 students boasts of a model farm with 10 dairy cows, goats, dozens of chicken, hundreds of tilapia, more than 160 pigs, 100 rabbits, 15 sheep and seven turkeys.

The products from these animals are food to the students. The chicken lay on average 80 eggs daily which are used to bake cakes for the learners. The students also enjoy eggs and chicken twice a week.

"We normally don't buy milk, meat, eggs or vegetables as we get them directly from our farm," the principal, Brother James Thiong'o, told *Seeds of Gold* this week.

He says they get about 30 litres of milk daily from the two dairy cows that are currently lactating.

School kitchen

"We sell surplus produce to the community. For instance, we

sell an in-calf pig at Sh25,000 to those who want to rear the animal while most butchers buy any other pig at Sh18,000 during school vacation."

Apart from the livestock, they also grow different types of crops to supplement their food. The students cultivate *sukuma wiki* (collard green), spinach, onions, tomatoes, green pepper and butternut, which find their way into the school kitchen.

Since it is situated in a semi-arid land, during the dry spell, the school gets water from a borehole. The water is used for irrigation.

The farming initiative, dubbed "Agricultural Education", was started in 1994 by Catholic priests, who run the school, to support bright needy students.

"The farm has enabled the school to subsidise fees because students are charged an average of Sh21,670 per term," the 48 year-old principal says.

According to him, private schools in the same neighbourhood charge nearly double the amount. He adds that those who are unable to pay the fees in full can work on the farm during the holidays, where their fee balances are reduced by Sh700 per day.

The whole idea of the project is ensure that the school and students are self-reliant.

Bro Thiong'o points out that students who do not meet the university entry requirement have the option of venturing into agribusiness because of the experience they get at school.

"At the same time, the school operations are not grounded due to over-reliance on charities or donors," he explained.

But there must be someone to look after the farm when they break for holidays. A group of 20

21,670

The school fees in shillings students pay per term, which is lower because they produce their own food.

THE NUMBER OF PIGS HAS INCREASED FROM 70 TO 161 SINCE LAST YEAR BECAUSE OF GOOD MANAGEMENT. STUDENTS WILL START ENJOYING SAUSAGES SOON"

Bro James Thiong'o (right)



boys remain behind for a week on a rotational basis.

Students consume two pigs a week. The animals are slaughtered on Saturdays and inspected by health officers. Once certified fit for human consumption, the pork is preserved in deep freezers.

Bro Thiong'o says the school has bought a machine and spices for sausage production and is in process of recruiting a competent person to be in charge of the venture.

"The number of pigs has increased from 70 to 161 since last year because of good management, hence the students will start enjoying a meal of sausages."

The school rents a two-and-half acres adjacent to it, where maize and beans are grown. The farm produces an average of 27 bags of maize a year, which is used to make *ugali* (maize meal), porridge and githeri (maize and beans mixture). This is not sufficient because 10 bags are consumed on a weekly basis. So the school buys more maize with priority given to parents of needy students.

Despite students spending time on the farm, the private school

records good performance with 73 out of 100 students attaining a grade of C+ and above last year. Its mean score was 8.70.

Nakuru County Director of Education Esther Muiru commends the farming initiative, noting that it is in line with Ministry of Education policy of sustainable development.

"We encourage such noble initiatives because they impart positive skills to students besides cutting costs in schools."

She adds it is a good recreational activity since students are always pre-occupied, a situation which will help them shun social vices.

poultry

HOUSING» KEEP CHICKEN IN DIFFERENT PENS ACCORDING TO THEIR AGES



Richard Rono attends to his kienyeji chicks in Bomet. ANDREW MIBEI | NATION

Hatching kienyeji chicks fetches me more than eggs

With the market saturated with eggs, keeping birds for the produce was not enough for Rono, who now hatches chicks that have big market

BY ANDREW MIBEI

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Some hens cluck as they run around the compound and others browse the ground for food. The cocks, on the other

hand, crow intermittently just to assure the rest of the brood that everything is under control.

This is Richard Rono's home in Kapchekoro village, Bomet County, where the farmer keeps chicken.

However, unlike many farmers who keep the birds for eggs or meat, Rono mainly hatches

chicks for sale.

"I started with exotic chicken and I was keeping them for eggs but after realising that the market was saturated, I went for Kienyeji birds and started hatching chicks because there is less competition," says Rono, who constructed a semi-permanent house worth Sh150,000 for his chicken.

At any time, the farmer keeps an average of 100 hens and 15 cocks in a recommended ratio of one cock for every seven hens. He hatches up to 450 chicks per month.

The hens supply him with eggs for the incubators and he sells the surplus at Sh20 each.

The farmer has two incubators. A manual one with a capacity of 360 eggs that he bought five years ago at Sh50,000 and an automatic one with a capacity of 480 eggs that he acquired three years ago at Sh140,000.

"It takes me 10 days to get enough eggs for the two incubators. When the eggs are hatching, I sell the surplus which earn me about Sh20,000 per month after deducting the cost of feeds."

The eggs hatch after 21 days. "I, thereafter, transfer the chicks from the incubator to a pen equipped with a charcoal brooder. They will stay there for a month," explains Rono, who spends up to Sh3,000 per month on charcoal.

"The chicks need to be kept warm, that is why I use the charcoal burner. It burns throughout the night and sometimes during the day."

He offers the chicks commercial feeds, starting with chick mash, which goes for between Sh2,500 and Sh3,000 for a 50kg bag. Clean water and vaccines are also crucial for the chicks' survival.

"If one misses to vaccinate the chicks against Gumboro and New Castle Disease, then their chances of survival would be minimal. I also vaccinate

them against Fowl Typhoid as advised by agricultural extension officer," says Rono, who also hatches eggs for other farmers at Sh1 per day for each. He makes up to Sh10,000 per month from this venture.

He sells the chicks to farmers from Bomet, Keroka and Kericho after about a month from Sh120 to Sh180.

"I do not sell the very young chicks to beginners because they may not manage them well. I usually advise them to pick those chicks that are over a month."

If the chicks are not bought in the first month, Rono usually transfers them to another pen.

"I keep the birds in different pens according to their ages. One should not mix them to prevent spread of diseases and bullying. It is wrong to mix chicks, for instance, with older birds," offers Rono, who supplements commercial feeds with wheat, sorghum, fresh grass and vegetables.

At two months, the birds go for Sh250 and at three Sh350. He allows the hens to forage in his compound each day after feeding on layers mash.

Bomet Central Livestock Production Officer Evans Kiplagat says farmers keeping Kienyeji chicken spend less on disease control because they are resistant to many poultry infections.

"Their adaptability to varied living conditions makes them suitable breeds for every farmer. The indigenous breeds do not entirely depend on commercial feeds and they can do well under free-range thus cutting the cost of production," says Kiplagat, adding that they are preferred by many consumers because their meat is tastier.

He advises farmers to maximum their returns from poultry by diversifying.

"That egg a farmer sells at Sh15 or Sh20 can hatch in 21 days and he sells the chicks at Sh150. This is better than just selling eggs."



Excellence

SEEDS OF GOLD NOMINATED FOR POLYTECHNICS AWARDS

Your favourite farming magazine *Seeds of Gold* has been nominated for the inaugural Commonwealth Polytechnics Awards for excellence. The magazine has been recognised for its efforts towards development of agriculture in Africa.

Announcing the nomination, Dr Olubumi Owoso, the secretary-general of the Commonwealth Association of Polytechnic, noted the magazine has high quality and consistent information on agribusiness.

"I am delighted to convey the nomination in recognition of the *Daily Nation's* exceptional professionalism and the depth of education and campaign towards good governance and holistic development in Africa," he said.

"Truly, *Seeds of Gold* could clearly grow and develop the intellect of a mind than years in higher education," he added.

The magazine's efforts in motivating and encouraging youth participation in agriculture was also lauded.

The association is a pan-African organisation that was established in 1977.

Seeds of Gold will compete with AU commission chairperson Nkosana Dlamini-Zuma for the awards to be held on December 9 in Entebbe, Uganda.

– Juliet Mutegi

Seeds

SEED PRODUCTION HITS OVER 43 MILLION KILOS ANNUALLY

The quantity of seeds produced locally has almost doubled in the last 10 years.

Seed Trade Association of Kenya chief executive Evans Sikinyi said local production has grown from 25 million kilograms in 2004 to over 43 million kilograms.

On the other hand, imports range between 2 million and 6 million kilos.

Increase in number of seeds produced has made the annual sale to hit an all-time high of Sh5 billion.

The association promotes the development of the national seed industry to improve crop production.

The institution accounts for over 90 per cent of all the 35,000 tonnes of formal seeds sold in the country annually.

The association has played a key role in the seed policy development, an effort that has seen the liberalisation of the industry.

The number of registered seed companies has now risen from less than 20 in the 90's to 125.

Stakeholders in the industry are optimistic that with the National Seed Policy and a reviewed law in place, the industry will grow faster.

This will lead to increased agricultural productivity, food security, improved incomes, employment and overall economic development.

– Francis Mureithi



ABOUT US

Dryland Seed Limited (DSL) specializes in the production and selling of certified seed adaptable to low and mid altitude lands of Coast, Eastern, Central, Nyanza, Western and Rift Valley. These seeds are early maturing and drought tolerant.



OUR CLIMATE SMART TECHNOLOGIES:

Maize –KH500-21A, WE 1101 (Drought Togo), KDV1, KDV2, KDV4.
Beans –Kat B1, Kat B9, and Kat X56.
Cowpea –K80, and M66.
Pigeon Pea –Kat 60/8 and Mbaazi 1.
Sorghum –Seredo and Gadani.
Green Grams –N26.

DRYLAND SEED LTD

P.O. BOX 1438-90100 MACHAKOS, KENYA
TEL (OFFICE) +254-44-2021936/ +254-202650139,
(SALES) +254-44-2021449/ +254-722829287
EMAIL: dslseeds@yahoo.com/ info@drylandseed.com
WEBSITE: www.drylandseed.com
FB: Dryland Seed Limited-DSL



Genuine Seeds A Sustainable Agriculture Company

Monsanto enhances food security through the production of high quality seeds

By ELIZABETH MERAB

@lisamcleans

emerab@ke.nationmedia.com

Monsanto is a sustainable agricultural company which is involved in the production of maize seeds, herbicides and vegetable seeds.

"Our vision for sustainable agriculture strives 'To meet the needs of a growing population, to protect, preserve and improve lives everywhere.' In 2008, Monsanto made a commitment to sustainable agriculture by pledging to produce more, conserve more, and improve farmers' lives by 2030.

Having begun with production and sale of herbicides in the late 70s, the company ventured into seed production to provide its customers with high value seeds which 'we believe will assist achieve food security in Kenya and Africa at large.

The company's team of research experts comes up with seeds that yield more produce. Monsanto believes in taking part in the production of high value crop seeds.



Mr Peter Kiburi, Monsanto technical sales representative at Mt Kenya region speaking to the Nation on August 24, 2014. Photo/ JOSEPH KANYI

With the help of advanced plant breeding and improved farm-management practices, the firm produces seed varieties which are suitable for mid and low altitude regions as well as high altitudes parts of the country.

The high yielding variety seeds ensure that a farmer can use one-third fewer resources such as land, water, and energy per unit produced. "Hence our seeds are best suited for any type of farmer from the small-holder to the large-scale due to the benefits they come with.

"Currently, the company has different

maize seed varieties suitable for arresting the unpredictable weather patterns in Africa.

However, the company warns farmers to be cautious of uncertified agricultural seeds that have infiltrated the local market. "These seeds are an imitation of the genuine ones, whose end product is of poorer and lesser quality as compared to the certified ones," the firm cautions.

"Farmers should also know that the uncertified seeds are not produced by accredited seed production companies," the firm adds.

Over the years, the seed production industry has witnessed counterfeit seeds slowly infiltrate the market, which has resulted in low

productivity and heavy economic losses to farmers.

The sale of cheap fake uncertified seeds by unscrupulous dealers has not only resulted in heavy losses to farmers, but also curtails the country's efforts to realize food security.

One of the factors that has worsened this problem is farmers inability to tell genuine and certified seeds from fake seeds.

"As a company, we are responsible for making sure that our customers receive the best seeds in the market."

Monsanto as a registered member of the Seed Trade Association of Kenya (STAK) ensures that what gets to its customers is genuine.

As the seed industry tries to grapple with the challenges of uncertified seeds through the use of counterfeit labels and packaging of the market's certified superior brands, Monsanto has incorporated the use of technology to package its products in distinguishable packs, bags and cans that are hard to copy or counterfeit.

"Our maize seeds have some distinct features which farmers can look to ensure they are genuine Monsanto certified seeds."

- Our seeds have the Kenya Plant Health Inspectorate Service (Kephis) date of seed testing label on the back side of the transparent packing bags.
- The packets have a DEKALB logo in red surrounded by a uniform blue colour.
- Lot number printed on the logo, which is used to check if the seeds are genuinely from Monsanto using our systems.

"For our vegetable seeds which are imported from Europe, we pack them in embossed seminis cans whose embossment is rather hard to imitate. We also use special packs and distinct colours for the small packs.

To fight counterfeits, Monsanto has identified two main distributors for vegetable seeds- Amiran and East Africa Seed Company.

Monsanto advises farmers to ask for a receipt from the dealers upon any purchase of its products and retain the seed bags after planting, because using the details on the bags, Monsanto can establish if the seeds were genuine or not.

Monsanto has also increased market surveillance which has gone a long way to keep the counterfeiters at bay. Educating farmers has also helped to curb this problem.

"We are continuing to develop better seeds and improved on-farm practices that enable farmers to better manage weeds, pests, and environmental stresses. We are working with our partners to develop conservation systems that are better for the plant," concludes Monsanto.

“Our seeds are best suited for any type of farmer from the small-holder to the large-scale due to the benefits they come with.”



Cabbages



Onions



Tomatoes

listing

GREEN MARKET : Where buyers and producers meet

BUYERS

DAIRY COW: I am looking for a crossbreed Friesian Ayshire or Friesian Jersey dairy cow.

Location: Kerio Valley
Contact: 0720830354
walkimu@yahoo.com

GRAVIOLA FRUITS: I am looking for constant suppliers of graviola fruits (ndomoko) for export. Price is negotiable.

Contact: Alex, 0726955 817
alexmbote2014@gmail.com

CEREALS: I am looking for suppliers of black beans and green grams outside Nairobi.

Contact: 0725891151
nperisgathon@yahoo.com

FRUITS: We are looking for good quality mangoes, oranges, pineapples, paw paws, beetroot and avocado fruits, each up to a maximum of 20kg per week. Also required are tomatoes, onions, carrots, capsicum, cabbages, and similar vegetables. Prices negotiable.

Contact: 0718859935 / 0729599463 / 0774271080.
anrifoods@gmail.com

CASHEWNUTS: I am looking for someone who can sell me cashew-nuts in various quantities.

Contact: Peter Mwangi
0723900051
muhiu21@yahoo.com

SELLERS

SORGHUM Red/brown
Quantity: 100 bags

Price: Negotiable
Location: Homa Bay
Contact: 0727971522
kutebrian@gmail.com

KIENYEJI CHICKEN: As per demand.

Price: Sh450 a kilo
Location: Kitale
Contact: 0728366397
lutilojose@gmail.com

COFFEE SEEDLINGS: As per demand.

Price: Sh40
Contact: Peter 0704 267335
isaacgichia@yahoo.com

BULL: 1

Price: Negotiable
Location: Keringet
Contact: 0728636453
kibetadnan@gmail.com

RABBITS: As per demand.

Price: Sh1,000 each
Location: Embu Town
Contact: 0711204974/
0733792650,
nthumbiphil@yahoo.com

RED SWEET POTATOES: From Kirinyaga

Quantity: 2.7 tonnes
Price: Negotiable
Location: Nairobi
Contact: 0726868330
ngechu@gmail.com

BRIQUETTE MACHINE: As per demand.

SELLER:
PUMPKIN

As per demand available in Busia County.

Price: Negotiable. **Contact:** 0700465650

josephonyiko@gmail.com



Price: Negotiable

Location: Kikuyu

Contact: Moses Gachanja,
0722281127
mnjugus@yahoo.com

IRRIGATION: Drip line irrigation, greenhouse, fish pond, dam liner, aquarium and aquaponics.
Quantity: As per demand
Contact: 0721544644/0714133231
info@anekgreens.com

ORGANIC FERTILISER: Liquid organic fertiliser from *Ascophyllum nodosum*, seaweed extracts with over 60 nutrients. Ideal for all crops.

Quantity: Four litres
Location: Nairobi
Contact: John, 0721960949/
0734020982
jbweru@gmail.com

GREENHOUSE Galvanised metallic structures.

Price: Sh40,000
Contact: 0723675878
agrotunnelgreenhouses@gmail.com

BROILERS: 500 birds per week.

Price: Negotiable
Location: Kisumu
Contact: 0722825355/
024430566
maunafarm@gmail.com

SAMANTHA FRENCH BEANS:

Harvested and dried.
Price: Sh400 per kilo
Location: Mbiunii
Contact: 0722844125/0722718991
leilamasila@gmail.com

PAWPAWS: 500kg per week.

Price: Sh80 per kilo
Location: Meru
Contact: Maita, 0721618650

PIGS: From 10 months.

Quantity: As per demand
Price: Kids at Sh400, mature at Sh600 and pure white at Sh800.

Location: Karatina

Contact: 0723836684/
0723764110
wamuyuwach@yahoo.com

FINGER MILLET AND WHEAT:

200 bags of finger millet and 1,000 bags of wheat.
Price: Finger millet at Sh5,500 per 90kg bag and 1,000 bags of wheat at Sh4,000 per 90kg bag. Prices are inclusive of transport.
Contact: 0722297217 or 0726622165

RABBITS: Four months.

Quantity: 15
Location: Komarock, Nairobi
Contact: Georgina 0723078923

DRIP LINES: 20,000 metres per month.

Price: Sh6 per metre with free installation.

Location: Thika
Contact: Kinyua, 0717118111

KUROIILER CHICKS: As per demand

Price: 3-day-old at Sh150 and three weeks old at Sh220.
Location: Nairobi
Contact: 0728343327
pantherfreshgrowers@gmail.com

INCUBATOR: Chicks suppliers, makers of commercial (automatic) egg incubators also hatching services.

Quantity: As per demand
Location: Kahawa West
Contact: Muhia Steve
0722850673
kentccs07@gmail.com

RABBITS: Two and four months.

Quantity: As per demand
Price: Sh1,000 to Sh2,000
Location: Kerugoya
Contact: 0727751505/
0723681558

CHICKEN EGGS: Kari fertilised eggs good for hatching at Sh1,000 per tray. Kuroiler and kienyeji fertilised eggs at Sh1,200 per tray; day-old chick at Sh120; three-week-old at Sh220 and month-old at Sh250.

Location: Nairobi
Contact: Catherine Wairimu 0722719440
namuragz@gmail.com

GRAFTED HASS AVACADO: As per demand.

Price: Sh70
Location: Thika and Murang'a.
Contact: 0707548300.
Free transport is available around Thika and Murang'a.
henryyy20@nokiamail.com

KUROIILER: Three months.

Quantity: As per demand.
Price: Sh600
Location: Thika Town
Contact: Wairimu, 0721851567
gracenimo@gmail.com

SEEDLINGS: Tree tomatoes, grafted avocados and passion fruit seedlings.

Quantity: As per demand
Price: Negotiable
Location: Elburgon, Nakuru County.

Contact: 0753206853.
jchege2011@gmail.com

KARI CHICKEN: Sh100 (day-old), Sh400 (two-month-old chicks) and Sh1,200 (cocks).

Location: Kikuyu
Contact: Ngatia, 0728901522
microkenos@yahoo.com

MORINGA POWDER: 100kg per week.

Price: Sh1,000 per kilo
Location: Machakos town
Contact: 0728673900
simbawamitikenya@gmail.com

PIG MANURE: Two tonnes.

Price: Negotiable
Location: Maai Mahiu
Contact: 0707112121

HAY CUTTER: For small-scale and large-scale farming.

Quantity: As per demand.
Location: North Airport Road, Nairobi.
Contact: 0719594630, 0702-829268

DRY MAIZE and ROSE COCO

BEANS: As per demand
Location: Mumias
Contact: 0725164297

KARI KIENYEJI CHICKEN: Two-week-olds at Sh250, month-old at Sh450, three-month old at Sh700 and female at Sh600.
Location: Murang'a but delivery arranged to Nairobi and Kiambu.
Contact: 0722972165
kiharagg@yahoo.com

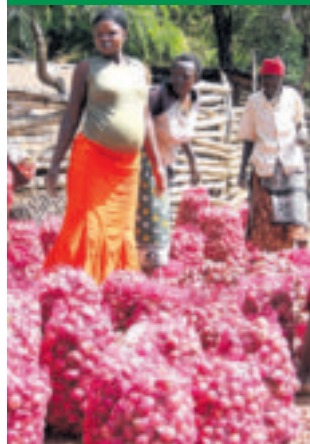
IN-CALF FRESIAN HEIFERS: First to third trimester.

Price: Starting from Sh150,000
Location: Kerugoya
Contact: 0786742361
lactoglobulin@gmail.com

SELLER: ONIONS

600kg of onions (Farm Gate) available in Kusa-Nyakach, Kisumu County. Price is negotiable.

Contact: James Agira-0722693741



TOMATOES AND CABBAGES: As per demand.

Price: Negotiable
Location: Embu County
Contact: 0728585933/0711738512
Erick and Cosmas
coskavinda@gmail.com

SEEDLINGS: Apple at Sh150 each. Apple mango seedlings at Sh100, tree tomato (giant red) at Sh50 and banana Fhia 17 at Sh250.

Location: Kabati/Embu.
Contact: 0724246585.
simonmuiruri1@gmail.com

RABBITS : As per demand.

Price: Negotiable
Location: Mtwapa
Contact: 0716322688

CHICKS: Kuchi, Kari improved and kuroiler.

Quantity: As per demand.
Price: Three-day-old at Sh150
Location: Meru County
Contact: 0715354593
mwendabrian26@gmail.com

TILAPIA FISH: 11-month-old.

Quantity: As per demand
Location: Ukwala, Siaya County
Contact: Anyango Patrick
0725559329
patrickanayngo@yahoo.com

YOGHURT MILK: Wholesale and retail.

Location: Ngaini, Nyeri County
Contact: 0722352768

INCUBATOR: Automatic.

Quantity: One
Capacity: 264 eggs
Location: Eldoret
Contact: 0722692512

KIENYEJI COCKS: 2kg.

Quantity: 500 per week
Price: Sh800 each
Location : Nyahururu
Contact: 0725839460

BEEHIVES: Modern Langstroth.

Quantity: As per demand
Location: Nairobi
Contact: 0719120021

CATTLE SALT: High phosphorous and milking salve.

Quantity: Weekly two tonnes for salt and 500kg for milking salve.
Location: Near Kikuyu Town, along the Nairobi-Nakuru highway.
Contact: Gladwell 0722487313

GREEN GRAMS: As per demand.

Packed in 90kg bags.
Location: Yatta. Free delivery.
Contact: 0725055887/
0733183915.
brightsolutionskenya@gmail.com

CHICKS AND BROILERS: Kenbro 100 and broilers 90.

Location: Marima, Tharaka Nithi.
Contact: 0715679353.
gatuneemily22@gmail.com

RABBITS: As per demand.

Price: Sh1,300 per rabbit
Location: Gaturi, Murang'a County.
Contact: Timothy Gakure
0713423669
Tigamaa@gmail.com

WATER MELONS: We have three acre ready Sukari F1 water melon local.

Price: Sh600
Location: Kunati Farm, Tigania East.

SELLER: EGGS

Five trays per week of Kari kienyeji fertilised eggs for sale. Tawa, Makueni County. Sh30 per egg. **Contact:** Aaron 0724823119



Contact: 0738152405/
0714508959
daisymicheni@gmail.com

STRAWBERRY FRUITS: 100 punnets twice per week.

Price: Sh100 per punnet
Location: Kabati fly-over, Murang'a County.
Contact: Muthuri, 0721 837 201

TURKEYS: For consumption and rearing.

Price: From Sh2,500
Location: Mombasa
Contact: 0725593920
eddieluubz@gmail.com]

ONIONS: As per deamnd.
Location: Nunguni, Kilome
Contact: 07213312907

KUROIILER: Three months.
Quantity: As per demand
Price: Sh600
Location: Thika Town
Contact: Wairimu 0721851567

ANIMAL FEEDS: Seven tonnes.
Price: Negotiable.

Location: Bondo, Siaya County.
Contact: Caroline Ouma
0720688233

YELLOW PASSION FRUITS:

500 kilos per week.
Price: Sh100 per kilo
Location: Emali Town, Makueni
Contact: Mutinda, 0722668382,
0787907073

EGGS: Fertilised kuroiler chicken eggs.

Price: Sh30 per egg.
Location: Gesusu, Kisii County
Contact: Ben Onserio
0722862126



VEHICLE AND EQUIPEMENT

LEASING IN EAST AFRICA

The EastAfrican issue of **18th October, 2014** will publish a feature highlighting vehicle and equipment leasing in East Africa.

Some of the highlights will be:

- Innovative construction technologies & equipment available in East Africa.
- Advantages of leasing over buying.
- Leading suppliers of vehicle and equipment leasing.
- Financing and insurance options.

To take part in the publication contact:
Mbaabu on cmabaabu@ke.nationmedia.com or + 254 723 950 049



AGRICULTURE, FISHERIES AND FOOD AUTHORITY

Pursuant to the Court Ruling of **19th September 2014** requiring the Sugar Directorate to consider the application for an operating licence by Butali Sugar Mills Limited, the Agriculture Fisheries and Food Authority (AFFA) invites all stakeholders from West Kenya and Butali sugar growing zones, to a consultative forum scheduled for Monday **6th October 2014** at the **Malava Friends Church** starting at **10.00 a.m.**

The purpose of this meeting is to receive submissions and collect views on the application by Butali Sugar Mills Limited to operate a Sugar Mill at Butali.

You are all welcome.

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THE COUNTY GOVERNMENT OF NYERI

PUBLIC NOTICE

MISSING RECEIPTS BOOKS

This is to inform the general public that the below mentioned official receipt books are missing and are therefore considered void.

1. Mathira Sub county bus KShs. 4, 500/ without an expiry date serial no. 0000001-0000100 (100 stickers in duplicate with hologram).
2. Mathira Sub county mini- bus KShs. 3, 000/ without an expiry date serial no. 0000001-0000100 (100 stickers in duplicate with hologram).

The above are as such not acceptable for any transaction by the County Government of Nyeri.



POWER INTERRUPTION NOTICE IN NAKURU

Kenya Power will interrupt electricity supply affecting customers in Nakuru and Lanet on the dates shown below. This is to facilitate a major operation aimed at upgrading the power network to improve reliability and quality of power supply.

The Company regrets any inconvenience that may be caused during the operation.

AREA: NAKURU CBD, INDUSTRIAL AREA, MILIMANI, KABARAK

DATE: Saturday 04.10.2014

TIME: 6.00 A.M. – 7.00 P.M.

Whole of Nakuru CBD, State House, Kanu Street, Langalanga, Bondeni, Nakuru National Park Gate, Summit, Afraha Stadium, Shabab, Kaptembwa, Kenlands, Koinange Estate, Gilani Estate, Pivot Hotel, Nuru Palace Hotel, National Library Nakuru, Cental Police Station, Nakuru Athletics Club, Nakuru Tanners, Bedi Investment, Londra Factory, Ronald Ngala Estate, Sec 58, Free Area, Dog Section, Kisululisi, Egerton Town Campus, Methodist Church, Christ the King, Menengai Soap Factory, Spin Knit, Eveready, Whole of Kiamunyi, Olive Inn, Mercy Njeri, Maturgada, Mang'u, Menengai Police Station, Lengenet, Gitumwa Farm, Boito, Rawhide, Kabarak University, Kabarak High Sch, Hon Moi Residence, Kabarak Dairy & Hatcheries, Rafiki Farm, Kambi ya Moto Centre, Gitau Centre, Olrongai Centre, Makiki Water Project, Oloika Lodge, Tusky Farm, Nakuru Show Ground, Provincial General Hospital, Kenya Medical Training College, Golf club, Milimani Estate, Milimani Apartments, Graceland Hotel, Capital Hill Hotel, Hero FM 99.0, KBC Boosters, Safaricom Boosters, Menengai Boosters, Forest Road, Maragoli Avenue, Mombasa Maize Millers, Timsales, Pyrethrum Board, Cereals Board, Nakuru Floor Mills, Timber Mills, Elliots Bakery, Kenya Seed, Milling Corporation, P Fibre Ltd, Lamsons Industries, Unga Mills, Redwing, Animal Feeds, Lamsons Industry, Wino Industries, Savanna Saw Mills, Ken South Plastics, Whole of Industrial Area, Pyrethrum Board, Mega Spin, Spin-O-Tex, Copal Limited, Wheat Cereals, Wind Mill Fertilizer, Baumann, Comply, Timber Craft, United Millers, Gohil Fact, Totos Bakery, Kencell Booster, Frizer Lab, Nairobi Handbag, Toyobo Investment, NC&PB Lamsons Ltd, Elianto Kenya, Kenflex Factory, Zackayo's Timber Yard, Buda Cake Union, R.V.S.T, Kokoto Ltd, Jesus is Lord Radio, Tumaini Cortages, Rhoda Sisal, Kapkures, Lalwet, Ingobor, Ngatta, Caltex Petrol Station, Mustard Seed & adjacent customers.

AREA: LANET, NAKURU, NJORO, MOLO, NYAHURURU, MARALAL

DATE: Sunday 05.10.2014

TIME: 6.00 A.M. – 7.00 P.M.

Whole of Lanet, Mbaruk, Mukinyai Pub, Mwariki Police Post, Stem Hotel, Choices Hotel, Greensted Schools, Royal Girls, Silos Grain Handlers, Kiungururia, Machine, Sarova Hotel, Sahota, 3KR, 81 Tank Battalion, Kenya Military Academy, Whole of Subukia, Subati Flowers, Kirengero, Whole of Nyahururu, KCC, District Hosp, Whole of Olkalou Town, Poror Radar, Suguta Centre, Kinamba, Whole of Njoro, Egerton University, Kokoto, Buda Cake, Ngatta, Caltex Petrol Station, Mustard Seed, Whole of Maralal Twn, Dondori, Milangine T/Ships, Highlands Flowers, Nyadundo Repeater Stn, Whole of Molo, Rongai Township, Rongai W/ shop, Roseto Flowers, Santara Flowers, Gicheha Farm, Miti Moja, Mimwaita, Ngecha Farm, Chemusian Farm, Margaret Kenyatta Farm, Elburgon & Olenguruone Twns, Kiptagich T/ Fact, Crown Foods Ltd, Timsales Elburgon, Rongai W/Shop, Maili kumi, Olbanita Boreholes, Johnmark Moi, Lomolo Sisal Fact, Whole of Mogotio T/Ship, Alphega, Majani Mingi, Athinai, Pipeline Pumping Station (Lanet), Barnabas Centre, Delamare Farm, JB Drilling, Soysambu, Kasambara Hospital, Elementaita, Lake Nakuru Lodge, Kiambogo, Kongasis, Mti Mingi, Kianjoya, Mau Narok, Tipis Centre, Safaricom (Tipis), Mwisho wa Lami Centre, Olropil, Sansora Farm & adjacent customers.

www.kenyapower.co.ke



POWER INTERRUPTION NOTICE IN NDAKAINI

Kenya Power will interrupt electricity supply to Ndakaini and adjacent areas to facilitate repairs, installation of new power lines and upgrade of equipment. This will improve the quality and reliability of supply in the area and its environs.

The company regrets any inconvenience that may be caused during the interruption.

AREA: NG'ETHU, NDAKAINI, THETA, NDUTI, NJUNU

DATE: Monday 06.10.2014 TIME: 9.00 A.M. – 5.00 P.M.

Nduti, Njunu, Ngere, Mataara, Gachege, Kuri & Theta Tea Factories, Gituru School, Ndakaini Mkt, Ndakaini Hotel & Academy, Kimandi, Kimotho, Wanyaga, Kahuho, Njiri Farm, Chomo, Kahunyu, S.K. Macharia Residence, Gatura, Gatura Girls, Mwangi School, Kimotho Mkt, Wanyaga, Nduka Moja, Kanunga, Igamba, Gituamba, Mataara, Kiarutara, Gakoe, Kanyoni, Karatu, Kirangi, Ituramiro, Mundoro, Ndiko, Kiriko, Ruburi, Kanjuku, Ritho Markets, Mururia, Icaciri, Mburiti, Ucekeini, Njahi, Gakoe, Kiriko Schools & adjacent customers.

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LITERARY DISCOURSE | Yusuf challenges local authors and publishers to pull up their socks

Pay royalties on time, publishers told

CONTINUED FROM PAGE 19

am happy that each of these won the prizes. It is also heartening that both my publishers won a prize. I think that literary prizes are a good motivation where authors are encouraged to write, given that there is not a lot of money, and not a lot of honour in writing in Kenya.

GS: With these prizes, do you now feel that you have been adequately recognised for your literary contribution in Kenya?

YD: No. I am past my active life as a writer without recognition; but I would like my posterity to be recognised. Writers — and all artists in fact — should have a share in the national glory because they lead the cultural life of the country. The government should honour writers for lifelong achievements, for instance, by naming streets and institutions after them. And even at a lower level, publishers should make decisions about the publishability of a work within a short time, not years, and pay royalties promptly.

GS: In your works, you seem to pay very little attention to poor members of society in a country where the vast majority suffer from material deprivation. Don't you think that this approach alienates you from the literary sensibilities of many of your readers?

YD: I consider myself a member of the middle class; neither filthy rich nor wretchedly poor. I am not sure that my writing for the middle class alienates readers from other social categories because I don't think that people only read books that speak to their social class. At any rate, we do not have many Kenyans reading what we Kenyans write; I think the filthy rich do not care about reading while the poor cannot afford books ...

GS: But then there is a growing 'pavement bookshops' phenomenon in Kenya, which sell books cheaply. Doesn't this disapprove your view that Kenyans are not reading or that they cannot afford books?

YD: I mean Kenyan authors are not given the same exposure as foreign writers. It cannot be that all foreign writers are better than all Kenyan writers. It may be that we still harbour residual colonial hangover, which is anathema to me. Our people, universities and even the government ought to promote Kenyan authors. We need



“

... it is perhaps necessary that we question what the same prizes do to the growth of literature and to the writers who win or do not win,”

Dr Siundu, the author

to develop our soul by promoting our people in all artistic modes, not just literary writers.

GS: Back to the issue of social and economic class in your writings, one still finds that you tend to paint a fairly rosy material picture, in many cases for middle class characters, most of whom are corrupt. In fact, some critic has called your earlier works a 'pastel paradise'. Could you please comment on this?

YD: By nature, I am an optimistic man. Maybe as a surgeon, it was a good trait to be optimistic for the recovery of my patient, I am optimistic that this beautiful country will look at the historical injustices and make amends.

But this takes courage and determination because it is about creating an equitable society. For instance, the maid who comes to clean my flat in London drives her car to work, while the one who comes to clean my Nairobi home walks for five miles one way to do her job. This is preposterous; it threatens human dignity and it should stop. I mean the gap between the poor and the rich in Kenya is too wide and this



MARTIN MUKANGU | NATION

Dr Yusuf K. Dawood's award winning titles "The Last Word" and "Eye of the Storm". The renowned author and columnist wants the government to recognise and honour literary artists.

is not right; it has to be narrowed.

GS: Reading your works, one notes a style of simplicity; elegant phrases and structures that are easily accessible to readers. Don't you think such an approach lends your work to simplistic misunderstanding?

YD: I was lucky to learn early in my career to write in such a way that my reader does not need to refer to a dictionary every time. I make sure that I do not use a difficult term if I can use a simpler equivalent.

And also because some of my favourite authors — (Somerset) Maugham, (Rose) Macaulay, (John) Ruskin — wrote in that style and maybe I am emulating them. I know how cumbersome it is to read a work that is not written in a simple, accessible style. As to the risk of being misunderstood, I have never thought of it that way.

GS: Have you considered writing personal essays to complement some of the ideas that you expound in your fiction?

YD: I have started writing a book, Postscript, in which I share my views on some of the issues. But, for this, I want a publisher who has an international market. I honestly feel that to have a publisher whose reach is only in Kenya is unfair to the labour that I put in writing. I have requested some of the local publishers if they could liaise with international publishers on this

project. I also have an explosive novel that should get a brave international publisher. I will publish these as soon as I get a suitable publisher.

GS: And have you considered writing another autobiography, now that you divorced surgery as one of your four wives?

YD: Postscript will extend some of the issues that I raised there. I did not expect to live so long after my first autobiography, but now I think I can go back to some of the issues and people I mention in the earlier one and write a little more. Some of them are no longer around and so they will not be offended, while for those still around, I have become a little more courageous and no longer care about hurting their feelings.

GS: And, lastly, what are your views on the works of emerging Kenyan writers?

YD: We should encourage such writers, but good publishers should come in and curb wild writing. Some of the books are not well written and not well edited. They have grammatical and language mistakes. These books can be re-written, revised and authors given such assistance through mentorship opportunities, for instance.

Dr Siundu teaches Literature at the University of Nairobi. Email: godwins57@gmail.com.

Writers of fiction books shine at Burt and Wahome literary awards

BY JOHN KIBET
mjkibet@yahoo.com

It was a week of harvest for fiction writers after clinching top honours at two significant book award ceremonies in Nairobi last week.

One was the Burt Award organised by the National Book Development Council, courtesy of a Canadian philanthropist William Burt, and the other was the Wahome Mutahi Literary Prize — an initiative of the Kenya Publishers Association.

Elizabeth Kabui (below) emerged winner of this year's Burt Award with her book *Was Nyakeeru My Father?* published by Longhorn Publishers.

She beat Anthony Mugo's *Ask the Stars* also published by Longhorn and Moraa Gitaa's *The Shark Attack* published by Moran to become the first Kenyan woman to win the award.

Dr Yusuf Dawood, the author of *Surgeon's Diary* column in the *Sunday Nation*, had the last laugh when judges declared his latest book, *The Last Word*, (Longhorn) winner of the adult fiction category in English.



In the Kiswahili adult category, Jeff Mandila took the prize with his *Upepo Wa Mvua* published by the Jomo Kenyatta Foundation. It was the author's second victory at the podium having won the same award in 2012 with *Sikitiko la Sambaya* by the same publisher.

Kenya Literature Bureau's authors took the honours in the inaugural children's category, with *Kiswahili Gani* by Lilian Wairimu and *Kuti Makes a Difference* by Charles Gachaga carrying home the prizes in the Kiswahili and English segments, respectively.

Wahome Mutahi award is a biennial prize issued in honour of the late satirist and theatre personality who shot to fame with his *Whispers* column in the *Sunday Nation*.

Burt Award — held annually in Kenya, Tanzania, Ethiopia and Ghana — is the most prestigious prize in which winning authors cart home a Sh700,000 to nurture young adult literature.

CRITIQUE

Nowrojee picks fight with all in his poetic gems

BY CHRIS WANJALA
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Pheroze Nowrojee's poems portray serious conflict between human beings and some superior overwhelming force.

They have overtones of sorrow and disaster that cause pain and a sense of helplessness in the reader.

His early poems were published in *Zuka*, *Busara*, *Maji Maji*, *New Statesman*, *African Perspectives*, *Xpressions Today*, *Joe Magazine*, *Law Monthly* and *Wajibu The Star*. The earlier ones were anthologised and published in *An Introduction to East African Poetry*, a volume edited by Jonathan

Kariara and Ellen Kitonga, *The Fate of Vultures* edited by Musaemura Zimunya, Peter Porter and Kofi Anyidoho and in *Jeune Poésie Kenyane*, edited by Merham Yaar (1994).

In 2001, Nowrojee was the BBC Network Africa Competition Prize-winner. He wrote a weekly column in the *The Sunday Standard* between 2004 and 2005. In one of his poems, titled *Sonnet*, he accuses people in authority of what he calls "executive oppression".

They use decrees and simple bans, to mete irreversible suffering on their subjects. The poet talks of the "simplest... by taking/The air from your nose."

Most of his poems are politi-

cal. He uses the term "Ritual" in a new way.

There are gory displays like banana arches, eyes of butchered goats and ostentatious partying on goat meat covering the foul blood-letting. He spares no one in his accusations — there are politicians, "solar-mitred" provincial commissioners and church leaders.

In bitter irony and acerbic sarcasm, he writes about empty and rabid officialdom

20

Number of poems Pheroze Nowrojee sent to the author and his team

at public events.

His poems are critical of religion and power in all their manifestations, and the absurd and farcical practices that come with them. It does not matter from where these images come. But as we look at the 20 poems he has sent us, we see that his concern about political power and religion has grown with years of the activities around him.

What is the meaning of flag independence without economic self? What is the value of political independence if it does not bring human dignity to beggars?

In the poems he has arranged under a section he calls "Later Political Poems", he talks about ethnic clashes

as a tragedy: "Sometimes we call it skin/And sometimes kith and kin/But when the words are stripped and bare/It's hatred that we want to share/Sometimes we call it a 'zone'/And sometimes just 'our own'/But underneath those words, so deep/Is the greed we want to keep/Sometimes it's cleansing by ashes/And sometimes we call them clashes/But move those pretty words aside/And see the murder that they hide."

The poet writes an epitaph to those who have suffered the tragedy of politics saying: "Do not because/You see a shared patch of brown/Conclude we therefore share all else/This

CONTINUED ON PAGE 38

REFLECTIONS OF A SCHOLAR | Thoughts of a man of letters

Of Barbara Kimenye and her thrilling Moses series

Observing fictive characters literally walk out of the pages after some time is one of the biggest successes of the author

BY AUSTIN BUKENYA
stanation@ke.nationmedia.com

Students at Nakuru's Afraha High School in the 1980s must have been having a few sniggers behind their headteacher's back.

For these students were reading Barbara Kimenye's Moses stories and savouring the hero's pranks at "Mukiibi's Educational Institute for the Sons of African Gentlemen".

The joke was that the headteacher at Afraha in those days was actually a Mr Mukiibi! Had Afraha, then, become the comical Institute for the Sons of African Gentlemen?

Not by a long shot! During his tenure at Afraha, Mr Mukiibi ensured the highest standards of performance in both curricular and co-curricular activities.

He was one of the illustrious Ugandan-born teachers, including our recently departed Barnabas Kasigwa, whom Kenya hosted in those difficult days, and who gave their best to the country's educational system.

Today, this same gentleman, my friend Prof Lawrence Mukiibi, is the pillar behind one of the most prized brands in East African secondary and tertiary private education.

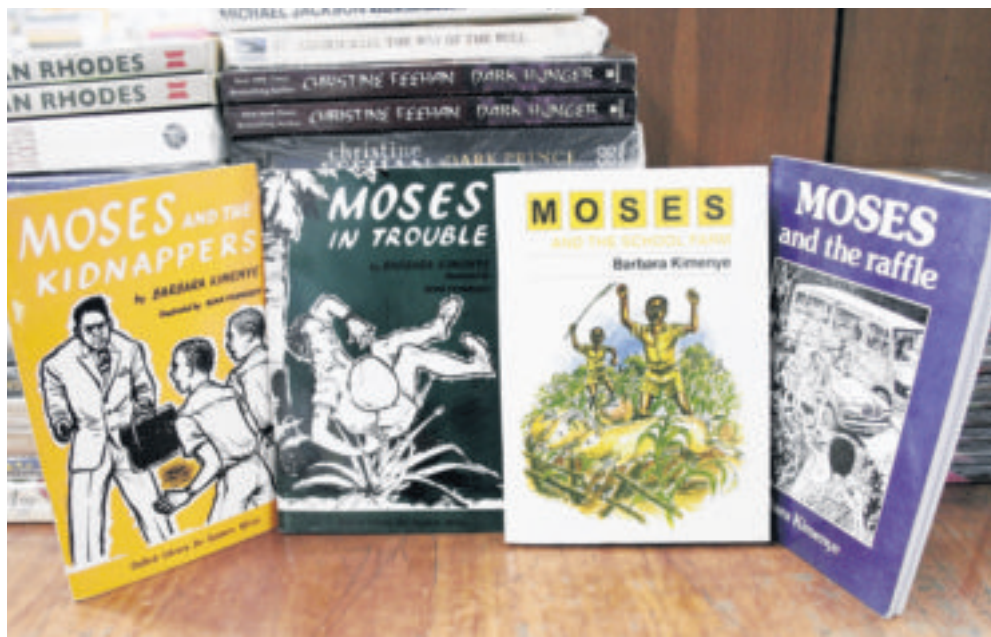
Leapt out of the pages

Under the Saint Lawrence label, his empire comprises a string of international high schools around Kampala, and a thriving multi-campus university.

What would probably have amused Barbara Kimenye is that the main campus of Mr Mukiibi's Saint Lawrence University is just across the road from the Kabaka's Palace, where Kimenye herself once worked as a private secretary to the cream of Baganda royalty!

Would Kimenye have realised that her fictive Mr Mukiibi has leapt out of the pages of the Moses stories and is now marvellously performing his educational duties in real life? Sadly, Kimenye is no longer with us, but somehow we get the feeling that there's always something prophetic about good creative writing.

Another instance of literary prophetic intuition is Peter Nazareth of the University of Iowa in the US, a leading African writer and critic and also an expert on the American rock-n-roll legend, Elvis Pres-



Some of Barbara Kimenye's books at Book Point, Nairobi. I knew about her Caribbean connections, but I always assumed, and insisted, that Kimenye had at least one Ugandan parent.

ley. Nazareth's first novel, *In a Brown Mantle*, was inspired by the assassination of the Kenyan Goan politician Pio Gama Pinto in the early years of independence.

To Nazareth, as indeed to many observers, this event underlined the precarious status of East African Asians in the independent countries.

A few days after we launched *In a Brown Mantle* in Kampala in 1972, Idi Amin issued his infamous decree ordering all Asians to leave Uganda within three months. Overnight, 50,000 people found themselves stateless in their own country, just because of the "brown mantle" of their skin. How had Nazareth anticipated this?

Fortunately for Nazareth, he had just secured a scholarship to study in England, and he left the country on a one-way ticket. But he witnessed and experienced the agony of the dispossessed people, which he fictionalises in his novel, *The General Is Up*.

I once asked him in conversation why he hasn't been back to Uganda, and he told me he still couldn't handle the trauma of revisiting those surroundings where so much inhumanity had been wreaked havoc upon an innocent community.

But another reason why Kimenye and Nazareth were on my mind today is that I got wondering, again, about our identities, we African citizens of the global village. It all started with my trying to trace some of the writers who published their first books at just about the same time as I — writers like Hazel Mugot and my friend Eneriko Seruma.

Of Seruma, author of the *Heart-Seller* short stories and the novel *The Experience*, I still can't find a trace. When

we last met, in the early 1970s, he was working with the East African Publishing House, but his American wife didn't like Nairobi much. Maybe they "returned" to the US, but then what?

Hazel Mugot's *Black Night of Kilwa* (Kilwa) is a delicately-crafted little narrative that demands rediscovery, a task my friend Prof Helen Mugambi of the California State University at Fullerton seems to be undertaking.

Set around the ancient Swahili "mwaka koga" (new year festivities), the novel recounts the (mis)fortunes of Hima, who is swept off her feet by the attentions of a European visitor, only to find herself abandoned in a European ghetto.

This is not only reminiscent of many such stories of disastrous seduction, including the historical one of Princess Salma of Zanzibar, but also strongly symbolic of Africa's endless flirtations with every comer and caller.

Of Mugot, identified on publication of her novel as a young school teacher in Nairobi, the only hint I found was that she had left Kenya and "returned"

to the Seychelles, the land of her maternal ancestors. But then, saying the Seychelles is opening up the whole Indian Ocean, and even the Pacific.

And that's just the complex that Peter Nazareth has been trying, for decades now, to harmonise in the search for his identity.

Born in Entebbe and educated in Kampala and at Makerere, Nazareth is as Ugandan as matoke and groundnut sauce! But he is also Goan and Indo-Portuguese Christian, thanks to Vasco da Gama's and Francis Xavier's ministrations.

Then, digging into his Konkani ancestry, Nazareth claims to have found a deep-seated Hindu streak in his cultural make-up. And as if that were not enough, he discovered that his maternal roots actually lay in Malaysia!

As for Kimenye, the joke is entirely on me! I knew about her Caribbean connections, but I always assumed, and insisted, that she had at least one Ugandan parent.

It took the well-researched revelations of my friend Evan Mwangi to convince me that I was entirely wrong, and Barbara was as English as roast beef and Yorkshire pudding!

But then, how is it that I always talked to her in Luganda? Or am I imagining this? But she must have been fluent in the language, or she wouldn't have got that job at the Buganda Palace.

Anyway, the moral of the tale is that we should strive for flexibility in letting people weave or adopt their identities in the intricate web of their lives, instead of stereotyping and possibly victimising them.

Prof Bukenya is a renowned Ugandan literary scholar who fell in love with Kenya. Email: abubwase@yahoo.com

Old English style mars Nowrojee's attempts to versify

CONT'D FROM PAGE 37

most of all/I reject as the basis of sharing other things/A shared patch of colour/Any colour."

He stands above race, creed and colour. His ultimate vision is expressed in this poem when he says: "The peaks of the mountains, now hidden, await us."

Pheroze Nowrojee, like most of the poets of his generation, is a great admirer of Christopher Marlowe, the English poet and dramatist.

He has a poem entitled, *The Big Man to His People: Urban Variations on a Pastoral Theme*, in which he draws heavily from Marlowe's *The*

interest in the politics of his adopted land.

He has a deceptive interest in the sheer beauty of the land. But underneath, this are the problems that come with that beauty. For Nowrojee, Nature does not heal. It is merely an insignia of unending problems.

The people who represented hope have "disappeared, and over the horizon too/There was only more of this pitiless ocean/And abandonment/This is not rain, this is anger."

For Nowrojee writing poetry is "Hard Labour". He was born into a middle class family with opportunities to traverse Kenya, the country he loves and other landscapes in the region.

He has the whole of East Africa as their homeland.

Pheroze Nowrojee is one of the most prominent human rights activists in Kenya. He enjoys connections with India as an Indian Parsi.

Internationally, he is a barrister of Lincoln's Inn and holds a BA from Xavier's College.

He obtained an LLM from Yale in 1974. He is a citizen of the world. He has received multiple awards including International Bar Association. But despite the depressing situation around him, he is not without hope. In describing the land mass overlooking Entebbe he sees hope.

There is a quaint stylistic feature that runs through his poems and makes his well-chosen themes and subjects for his poems awe-inspiring.

His lines are couched in Elizabethan English and should be challenging to his 21st Century readers.

They mark an archaism that undermines Norwojee's great effort to versify.

Chris L Wanjala is professor of literature at the University of Nairobi and chairman of the Kenya Non-Fiction Authors' Association.

“

There is a quaint stylistic feature that runs through his poems and makes his well-chosen themes and subjects for his poems awe-inspiring. His lines are couched in Elizabethan English and should be challenging to his 21st readers”

Passionate Shepherd to His Love with its universally known first line "Come Live With Me and be my love," written in a pastoral style.

Pheroze Nowrojee's poem is clothed in quaint Elizabethan overtones style with refrains and sentence constructions of the Elizabethan period.

He uses such words as "Opacity," "Munificence," and "Clement days," that only students of Shakespeare and Christopher Marlowe can readily comprehend.

Other poems show his



Poet Pheroze Nowrojee. His lines are couched in Elizabethan English and should be challenging to his 21st Century readers.

Readers corner

Literary Discourse

Self-publishing critics have missed the point

BY MURORI KIUNGA

Self-publishing is an area that is hardly understood by many. Whereas there are authors, scholars and professionals who would rather publish their own work than give any entity to do it, there are those who demonise it, making it appear as work of vanity. The truth is it is not right to compare self-publishing with tradition publishing because the two are not in a continuum. Issues propagated by critics of self-publishing such as poor editing, marketing and distribution are either too flimsy or evidence that they really don't understand why some people opt to self-publish. There are as many people making fortunes out of self-publishing as those burning fingers. The difference lies in the authors, platform, strategy and ability to market the books as well as the content of the book itself. The single greatest marketer of books is the author. Truth be told, even the best commercial publishers have very little capacity to market a book independent of the writer. This is precisely why most of them, with exception of school books, would shy away from publishing a book from an unknown author regardless of its merit. This implies that it is the author's effect or social position that makes the book sell; the publisher only creates awareness and takes the books closer to readers through a wide distribution network.

Fans on social media

In his book, *Platform: Get Noticed in a Noisy World, A Step by Step Guide for Anyone with Something to Say or Sell*, Michael Hyatt uses an analogy of a platform for something that raises or gives you a leverage in the market. This implies that for the book to sell, the author must have a platform to raise them so that they can get noticed. The platform may be a position in the society, political or social lineage or huge followers of fans on social media. Today trainers, motivational speakers, preachers, bloggers and specialists are some of the most successful self-publishers. This is because they have a platform to reach a critical mass of potential buyers. There is the other crop of self-publishers where the author uses the book to market oneself or their business as a way of raising their profiles.

Mr Kiunga is an author and the managing director of Queenex Publishers. (murorikiunga@yahoo.com)

Let's integrate English and literature teaching

BY MUVANGO W. MARK

Integration of English language and Literature should be supported fully. Teachers should not take the old way of teaching English language, where poetry, oral literature and grammar use were taught separately because this approach creates gaps. Integration breaks monotony during teaching and learning. To produce refined students who can speak, listen, read and write well, the integrated approach needs teamwork, commitment and benchmarking among teachers and schools. And for integration to have a positive impact, a lot should be done. In-service training should be mandatory for all teachers to change their attitude and enable them handle the process confidently. The integrated approach needs adequate preparation and follow-up. A teacher's role shifts from transforming knowledge to guiding the learning process. Therefore, integration encourages active, peer teaching and learning, and should be embraced by all.

Mr Muvango is a PhD candidate in Education at Maseno University. Email: markmuvango@gmail.com

Kenyan writers have failed us by shunning sex topics

BY COSMAS MOGERE

Just like marketing, the local literary scene has ignored the topic of sex and sexuality. As a result, cases of early pregnancy, school dropouts, spread of HIV and Aids, and abortion are on the rise in Kenya and globally. Interestingly, sex education is not in Kenya's school syllabus. Books that are sexually explicit are frowned upon, criticised and even banned as parents bury their heads in the sand assuming that their children are angels.

Targeting teenagers

When Chinua Achebe's *A Man of the People* was selected as an English Literature setbook in early 2000s, for instance, it was greeted by outrage from moral 'purists'. Despite the hostility, its romantic literature had students glued for invaluable lessons and understanding of sex and sexuality. In the US, *Fifty Shades of Grey* was banned in 1975 for its sex content targeting teenagers. Before it, *Lady Chatterley's Lover* was legally challenged in the UK under the Obscene Publications Act of 1959, which required that books with explicit sexual content be pulled off bookshelves. With the National Aids Control Council revealing baffling statistics on the spread of HIV among the teenagers in a recent report, questions continue to pile up on the role of Literature in making society better.



FILE | NATION

Busia residents demonstrate to push for the arrest of men who raped and dumped "Liz" in a pit latrine. Authors should write about sex to help society address rising cases of sexual crime.

Several local writers, for instance, seem to have given politics of sex, historical injustices, women empowerment, sex and sexuality a wide berth. In his book, *I Married You*, Walter Tobisch argues that parents and the government should speak on sex and sexuality boldly to shake off taboos attached to it.

Elephant in the room

Speaking openly and confidently about sex will help create an informed society, he writes. Yet Kenyan literature has ignored this conventional wisdom. Instead, it is trading in rumours on why the condoms and contraceptives should not be issued to students. Although a few authors like Mwangi Ruheni in his novel *Kill Me Quick* and Abidemi Sanusi in

Eyo have attempted to touch this elephant in the room, it is not easy for teenagers to get lessons on dangers of fornication from these works. John Kiriamiti of *My Life In Crime* and Mwangi Gicheru of *Across The Bridge* only glorified sex. On treatment of women in society, Mwangi Ruheni achieves greatness by depicting woman as objects of men's ever burning lust. As we contemplate injecting more fire in our literary works, topics like rape, pornography and sexual slavery should be given priority. And perhaps books like *No Strings Attached* by Yusuf K. Dawood should be introduced in the school curriculum.

Mr Mogere is a journalism student at Kenya Institute Of Media And Technology

Is the editor always to blame for that rickety book rotting on the market?

BY WAPANG'ANA WAFULA

An editor is the only midwife who is blamed when the baby turns out to be ugly. The question is should this always be the case? As I sat in the Seminar Hall at the Sarit Centre during last week's Nairobi International Book Fair debate, I knew that the argument on whether the critic is dead would eventually turn the editor into its sacrificial lamb — and to an extent it did. It all started with Prof Henry Indangasi of the University of Nairobi expressing his worry that the objective critic is an endangered species. I totally agree with this. Anyone reading a critique of literary work, by some critics, can't help but wonder if they are not hired guns. Why, for instance, would a critic dismiss a novel written by a prominent scholar's son or daughter just because the writer does not write like the parent or does not

address the same topics as the parent? Can't the child be allowed to have their own style and or address different themes? Should the budding writer be crucified because they are charting a new path? Before I knew it, the editor was sent to hell's mouth. The question that disturbed me was whether we should blame the editor for the poor product that we find on the market. The answer? Yes and no. The editor, indeed, controls the writing process; or so it is assumed. However, a writer will be asking for too much if they think that an editor is a miracle worker who at a wave of the magic wand turns terrible scripts into perfect ones. A good script can be made better with the intervention of a cunning editor. However, as many editors are wont to say, there is a difference between editing and rewriting. It is, therefore, prudent for writers to submit quality manuscripts. I have met a few

authors who have asked me: "If I do everything, then what will be your work?". To me that is like saying, one should wait until they are very sick before seeing a doctor — otherwise what will be the doctor's work? The folly of this kind of thinking is that you shall surely die and so shall the weak manuscripts. Editors deal with many authors and, at the same time, enormous amounts of manuscripts. They may not have the time to go through an abysmally poor work with a fine-tooth comb inasmuch as they may wish to. This is why many such manuscripts are rejected. On the other hand, the editor has an obligation to ensure quality. Indeed, it would be wrong to lay out a manuscript without editing. It is equally wrong to dismiss a manuscript without reviewing it.

Mr Wapang'ana is an editor of English and Literature at a leading publishing firm in Nairobi.

Our literary criticism is in a coma

BY GLORIA MWANIGA

At the recently concluded 17th Nairobi International Book Fair, professor Henry Indangasi stood up and declared that professional literary criticism is on its deathbed. As a book lover and avid follower of the literary discourses, I couldn't agree with professor Indangasi more. Lately, we have seen critics who instead of focusing on issues, waste ink either showing how smart they are or reminiscing over how great Ngugi was, and how no modern writer will ever fit into his shoes. And yet very many new writers are winning international awards. In his autobiography *There Was a Country*, author Chinua Achebe tells of the premise on which he and his colleagues (Soyinka, Okigbo and Clarke) began to write. Their major objective was to challenge stereotypes and myths about Africa and African writers as portrayed by Western authors. They had a clear objective when they set out to become writers and critics, and therefore did not waste time chest-thumping and names-calling. This way, they succeeded in reshaping literary dialogue. This is, in fact, what the Kenyan critics urgently need to do.

Mwaniga is Business and Geography teacher in Baringo.

8-4-4 isn't as bad as some claim

BY ADUWA OTIENO

Time and again, we have doubted the efficacy of our education system — 8-4-4. We've called for a paradigm shift. We've questioned, albeit in a biased sense, its perils. Question is: Is all that necessary? Often those against 8-4-4 argue along these lines: That 8-4-4 entails more theory and little or no hands-on training and that exams are a crooked scale to measure one's ability. Some go further and assert that the recent rise in unemployment is because of 8-4-4. At a glance, all this may seem plausible, even if anecdotal. But scratch beneath that gaudy veneer and see what lies. I can remember doing practicals right from Standard One to university, including clay work, Chemistry practicals and internships. Is "more theory and little or no practice" cliché much of an oxymoron? I don't know.

Mr Otieno is Economics student at the UoN.

To contribute to this page, please send your comments to satnation@ke.nationmedia.com or write to The Editor, Saturday Nation, POB 49010, Nairobi 00100.

THEATRE | Production inspired by real stories from the mall pays tribute to casualties of terrorist bullets

First local play on Westgate horror gives therapeutic doses to victims

The series of stories, short poems and tributes seeks to help the affected heal and the audience question “what next?”

BY ANYIKO OWOKO
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It's been a year since terrorists attacked the Westgate shopping mall in Nairobi. Some Kenyans are still grief-stricken and for many, the ordeal remains fresh in their minds as if it had happened yesterday.

Yet few artistic productions have been publicly set up and staged to remember the bloody horror and the 67 lives lost.

It is from this premise that a local director has staged a piece of theatre to highlight the bloodbath — *Stories From The Mall (SFTM)* — a Westgate stage project showing at the Michael Joseph Centre, Nairobi, on October 3 and 4.

“I first came across a very insightful three-part blog post by Wambui Mwangi — *A Lamentation of Mourners*, a piece recollecting Westgate's memory, took me into an emotional experience and after sharing it with a couple of friends, I decided to have selected writers draft original pieces for my show,” says SFTM curator and director, Mugambi Nthiga.

She approached actors she had worked with, who “could bring empathy to this very thoughtful and heavy performance.”

The performance borrows from pieces originally created or generously donated by writers like Stephen Derwent Partington, Wambui Mwangi, Wambui Kamiru, Yafesi Musoke, Ngwatilo Mawiyoo, Dr Neal Hall and Teju Cole.

Sentimental conversations

SFTM features a carefully selected eight-man cast — some of Kenya's best crop of actors including Mumbi Kaigwa (*The Constant Gardener*), Mkamzee Mwatela (*Mali, Stay*), Aleya Kassam (*Storymoja, Kwani*), Dr Julisa Rowe (*Groove Theory*), Brian Ogola (*Jane and Abel*).

SFTM is not what anyone expects when they enter a theatre production. All the actors read through scripts of well-written accounts and tales from Westgate in different sequences.

Director Nthiga defines the production as “a series of poems, short stories and tributes that will make you ask questions.”

The stories read out are interwoven by actors' flair, making the audience eventually feel like they are privy to sentimental conver-

sations and outpourings.

Mumbi Kaigwa narrates *The Epilogue*, a poem by Wambui Mwangi: “...Sometimes, tears and laughter and hope are all we have. They will suffice ...”

Like a dancing piece of paper in the wind, her voice knows when to tremble, whisper and softly caress the guilt most people affected by the Westgate tragedy sometimes encounter in the struggle of going on with life.

“This stuff is moving,” says Mumbi, adding, “When in character, I don't know who I am but the poem tells me who to be.”

Mumbi has been in several such thought-provoking productions including *The Vagina Monologues*.

She says her involvement in SFTM is in trying to understand what happens next. “There are still so many questions — what happened, why and what if it happens again?”

67

Number of people killed in the Westgate terror attack

“

... Sometimes, tears and laughter and hope are all we have. They will suffice ...”

Wambui Mwangi in *The Epilogue* poem

SFTM full cast narrates Nigerian-American writer Teju Cole's tribute to fallen African literature legend, Ghanaian poet Kofi Awoonor — *Letter From Nairobi: I Will Say It Before Death Comes*. The story follows sweetly how the two men first meet at 2014 Storymoja Festival, quickly making friends.

It ends with an audio clip from Awoonor's final lecture at Storymoja Fest, just a day before terrorists snuff out his life.

“...And I have written about death also, particularly at this



Actor Mumbi Kaigwa goes through her paces during the staging of *Stories From The Mall* at The National Museums, Nairobi, last week.

old age now. At 79, you must know — unless you're an idiot — that very soon, you should be moving on...”

SFTM inserts the actual audio in the performance piece, leaving a haunting bitter-sweet reverberation of sorrow and celebration.

Cast member Brian says: “This isn't really a play or simply a reading. It's a serving of therapeutic emotions and thoughts. Actors live on stage as different characters, but this production lets our souls feel. This is real and my being part of it is to pass my deepest condolences to those affected by Westgate.”

Haven't found healing

The performance also features a musical by Patricia Kihoro, art installations by Joshua Obaga and Sharon Nderitu, and a presentation of filmed interviews with survivors of the attack by filmmaker Arjun Kohli.

Patricia says: “This production is an important place to start for those who haven't found healing or don't know where to start. For those who didn't feel emotionally connected to the Westgate tragedy, it's important too, to come and understand.”

Through one of the few theatre productions staged in

remembrance of the Westgate Mall Attack, Director Mugambi challenges artists and the art scene. “If this was USA or any other place, there would have been songs and even screenplays already drafted for Westgate. We, Kenyans, don't give ourselves much attention; it's a defence mechanism but people have to start remembering. I hope that through this, people can gain the appreciation of art in telling stories. Art is powerful.”

Cast member, Mkamzee asserts that SFTM's meatiest addition is the literature.

“It's the words we are reading and how we read them. Literature elevates something ordinary into extraordinary. Poetry has a long-lasting effect and if it's true that Kenyans are easy to forget tragedies; they will remember this. And even though you can't forget beauty, it is some ugliness that inspired this beautiful literature and performance.”

The performance was first staged at the just concluded 2014 Storymoja Festival at the National Museum. The show opened at the Michael Joseph Centre yesterday at 7pm.

Owoko is an Arts and Culture writer. Email: anyiko.owoko@gmail.com

WEEK'S PICK

TODAY

LUO COMEDY SHOW

Heartstrings Entertainment will host Luo Stand Up Comedy Show at Nairobi's Hilton Hotel this evening. Performers include Crazy Kasuku, Okal, Penge and Owago Onyiro.

NALUNG'UNYO AT SIMMERS

Members of the Nalung'unyo Bukusu Band launch their debut album will today at the Simmers Bar and Restaurant in Nairobi. The event will run from 2pm to 6pm.

NAROK SOUL NIGHT



Veteran radio announcer John Karani of KBC General Service and Metro FM fame will host a Soul and Reggae show tonight at the Governors Narok. The show starts at 6pm until dawn.

FUN AT DOG WALK

The KSPCA (Kenya Society for the Protection and Care of Animals) is holding a dog walk today at the Nairobi Arboretum to raise awareness about its many good causes.

CARIBBEAN POOL PARTY

The Clarence House Roof Top, Westlands, will host the Tropical Caribbean Pool Party today. DJ Nzech Emmanuel will thrill revellers from 3pm till dawn.

LIPUKA TALENT SHOW

The Monthly Lipuka Talent Show will be held today at Mathare North Social Hall in Nairobi. DJs Bravo and Ranking will perform alongside the Music Planet Band. The show starts at 12pm and ends at 6pm.

CORPORATE SINGLES DAY OUT

The Corporate Singles Day Out will be held today at the Lake Nakuru Lodge in Nakuru. It will be a day for like-minded singles from the corporate world to share fun and network.

FENA LIVE AT SHEEBEEN



Afro fusion singer Fena will perform today at Sheebbeen the Bar in Upper Hill, Nairobi. The show starts at 6pm. Entry is free.

TOMORROW

BLANKETS AND WINE SHOW

The Blanket and Wine dubbed “An Ode to Hip Hop” will be held tomorrow at the Carnivore Restaurant in Nairobi. It will feature Taio, Muthoni Drummer Queen, and Rabbit, among others.

DIWALI FAIR 2014

Oshwal Education and Relief Board, Nairobi, will host the Diwali Fair 2014 tomorrow at Oshwal Centre. The event will run from 10am to 6pm.

OCTOBER 6

BACK TO THE 80S

K1 Klub House at Parklands hosts The Ultimate Back to the 80's on Monday Nights with DJs Charlie and Eve. DJ Charlie will be taking you back in time with 70s, 80s and early 90s hits.

angaira@ke.nationmedia.com

COURTESY | A. OPERE

SFTM full cast narrates Nigerian-American writer Teju Cole's tribute to fallen African literature legend, Ghanaian poet Kofi Awoonor — *Letter From Nairobi: I Will Say It Before Death Comes*



WORLD



TEARS AND PRAYERS AS 2M MUSLIMS MARK PEAK OF HAJJ

Faithful from various parts of the world gather on hill where Prophet Mohammed made final sermon. **Page 44**

HEALTH CRISIS | United States prepares to fly cameraman back home



People wait to be screened for Ebola at a border crossing with Sierra Leone in Liberia's western Cape Mount Province on Wednesday.

ZOOM DOSSO | AFP

Ebola hits fourth American as UN ramps up response

Man, 33, worked as freelancer for NBC News in Liberia

MONROVIA, Friday

The US prepared today to fly home a cameraman who contracted Ebola in Liberia, as the head of the UN's response agency headed to Sierra Leone to lead the fight against an epidemic he called the world's "highest priority".

The 33-year-old Ashoka Mukpo, who was working as a freelancer for NBC News, discovered he was running a fever on Wednesday, his network said, and is in quarantine at a Medecins Sans Frontieres (MSF) treatment centre.

Hired by NBC only three days ago, he is the fourth American to contract Ebola in Liberia.

"The doctors are optimistic about his prognosis," Mukpo's father Mitchell Levy said in a message to family and friends quoted by NBC, adding that his son had worked on humanitarian projects in Liberia for several years.

"When the Ebola outbreak occurred, he felt compelled to return to Liberia to help shed light on how the crisis was being handled socially and politically," Levy said.

NBC News President Deborah Turness said the rest of the crew in Liberia were being closely monitored but were showing no symptoms.

"However, in an abundance of caution, we will fly them back on a private charter flight and then they will place themselves under quarantine in the United States for 21 days, which is at the most conservative end of the spectrum

of medical guidance."

Anthony Banbury, head of the UN Mission on Ebola Emergency Response (UNMEER), travelled to Sierra Leone today for the second leg of a tour of the three hardest-hit nations.

"The only way we will end this crisis is if we end every single last case of Ebola so there is no more risk of transmission to anyone, and when that's accomplished, UNMEER will go home," he told journalists on Thursday in the Liberian capital Freetown.

The UN envoy said he was intent on contributing to "the highest priority for the international community — for the whole world, not just the United Nations".

Potential contact

US health officials, meanwhile, were monitoring 100 people in Texas who had potential contact with a Liberian man diagnosed with Ebola. Four family members were also ordered to stay home. The man — the first person to be diagnosed with the deadly disease on US soil — flew from Liberia and arrived in Texas on September 20 to visit his family members.

Liberian President Ellen Johnson Sirleaf said the man, Thomas Eric Duncan, behaved irresponsibly when he travelled after being exposed to the virus.

"The fact that he knew and left the country is unpardonable," Sirleaf told Canada's public broadcaster CBC.

Sirleaf said although Liberia's airports are equipped with Ebola screening measures, Duncan

slipped past the authorities.

"He, in a way, put some Americans in a state of fear and put them at a state of risk, so I feel very saddened by that and very angry with him," she said.

The West African leader did not say what measures will be taken now, only that she would consult lawyers before deciding how to "deal with him" upon his return to Liberia.

By far the most deadly epidemic on record, Ebola has spread into five west African countries since the start of the year, infecting more than 7,000 people and killing about half of them. The virus, spread through infected bodily fluids, can only be transmitted when a patient is experiencing the symptoms — severe fever, vomiting, diarrhoea and, in some cases, massive internal haemorrhaging and external bleeding.

The World Health Organisation said in its latest situation update there was still a "significant shortfall" in capacity in west Africa, with 1,500 more beds needed in Liberia and 450 in Sierra Leone.

Around 160 health professionals pledged by Cuba to Sierra Leone arrived on Thursday, reported an AFP correspondent at the airport near Freetown.

Britain has pledged \$190 million to help build an estimated 700 treatment beds, fund new community treatment centres, support existing public health services and support aid agencies in Sierra Leone.

Save the Children warned that five people are being infected

“

When the Ebola outbreak occurred, he felt compelled to return to Liberia to help shed light on how the crisis was being handled socially and politically”

Mitchell Levy, father of US cameraman who contracted Ebola

REACTION

Oil exploration put on hold

US oil giant ExxonMobil said it had limited employee travel to west African countries hit by Ebola, and delayed the start of an exploration well in Liberia.

Burkina Faso said the cycling race Tour Du Faso, which was to be held from October 23 to November 2, would be suspended due to fears of Ebola.

with Ebola every hour in Sierra Leone and demand for treatment beds is far outstripping supply.

If the current "terrifying" rate of infection continues, 10 people will be infected every hour with the deadly virus in Sierra Leone by the end of October, the London-based charity warned.

The Gambia said on Thursday it had put in place measures to cope with an outbreak of the scale of Liberia's.

"The case in Liberia is getting worse because they have not prepared for the disease but in the Gambia we are fully prepared for the disease and the awareness level among the population is very high," said Sanna Sambou, the country's Ebola coordinator.

At the same time, Germany said a Ugandan doctor who had contracted Ebola in Sierra Leone while working for an Italian NGO had been admitted to hospital in Frankfurt, the second Ebola patient to be treated in the country. (AFP)

Dozens of soldiers killed in Libyan city

BENGAZI, Friday

Dozens of soldiers trying to defend an airport in Libya's second city were killed and scores wounded in bombings and clashes with Islamists, the army said today as the UN threatened sanctions.

Libya has been sliding into chaos since long-time leader Muammar Gaddafi was toppled in an uprising three years ago, with interim authorities confronted by powerful militias that fought to oust him.

The troops killed on Thursday in fighting around Benghazi airport were loyal to a prominent former general, Khalifa Haftar, who launched a military campaign against Islamist militia in May.

Thirty-six soldiers died and more than 70 were wounded in three car bomb attacks as well as clashes between the army and Islamists, a military spokesman told AFP.

Fierce fighting

Two car bombs exploded when an army convoy travelled close to the airport, killing three soldiers, the spokesman said. A third bomb also hit nearby later on. The blasts were followed by fierce fighting in the Benina neighbourhood that gives its name to the airport.

Forces loyal to Haftar said they had pushed back Islamist fighters who launched the assault, adding that the attackers had suffered "heavy losses" in personnel and equipment.

Libya's parliament, which was elected in June, is recognised by the international community but contested by militia controlling the capital Tripoli and by Islamists holding much of the eastern city of Benghazi. The cradle of the uprising against Gaddafi, Benghazi is now the regular scene not only of fighting but also murder of soldiers. (AFP)

BRIEFLY

LAGOS

Nigeria set to probe deadly church collapse

Nigeria said it will on October 13 begin investigating the cause of a church building collapse in Lagos that killed 115 people, including 84 South Africans. Lagos state justice commissioner Ade Ipaye said the coroner would seek to establish "the cause and manner" of the September 12 disaster at a guesthouse within the compound of pastor T.B. Joshua. Since the collapse, concerns have mounted about the scope of an inquiry, including whether Nigeria's well-documented culture of impunity for the rich and powerful would undermine a thorough investigation. (AFP)

BRIEFLY

ALGIERS

Algerian army guns down five 'criminals'

The Algerian army has killed five foreign "criminals" near the border with Niger, the defence ministry said on Friday. "In an ambush by elements of the People's National Army in Tirrine, near the Algeria-Niger border, five criminals were shot dead and four others wounded, including one of Libyan nationality," it said in a statement. The army said two 4x4 vehicles were destroyed in the incident late Thursday but did not elaborate on the illegal activity of those killed. (AFP)

LAGOS

Nigeria sends three to jail for terrorism

The authorities in Nigeria's biggest city, Lagos, said they have tried and convicted three suspects on terror charges, reportedly linked to Boko Haram. Lagos State justice commissioner Ade Ipaye said the case, which ended on Tuesday, saw each of the three men sentenced to 25 years in prison. Charges were dropped against 13 others while a fourth defendant was acquitted over lack of evidence, he told a news conference in the city on Thursday evening. (AFP)

MOGADISHU

Al-Shabaab 'pulls out' of key Barawe base

Al-Qaeda-aligned militants are withdrawing from their last major stronghold on Somalia's southern coast, residents in Barawe have said. They said that Al-Shabaab battle wagons loaded with their weapons had been leaving since morning. African Union forces and Somali government troops have been closing in on the town. An official said they are about 20 kilometres away. Barawe is in a strategic position 200km south of the capital. The AU says the militants have been using it to launch attacks on the capital. (AFP)

VIOLENCE | Nigerian official accuses al-Qaeda-linked militia of killings

Nine UN peace troops killed in Mali ambush

Attack described as the deadliest against world organisation's mission in troubled northwestern country

BAMAKO, Friday

Suspected Islamists killed at least nine United Nations peacekeepers from Niger today in northeastern Mali, in the deadliest ever attack on the mission, military sources said.

MINUSMA did not immediately hold any armed group responsible, but a Nigerian officer from the mission told AFP that the attack had been carried out by the Movement for Oneness and Jihad in West Africa (MUJAO), an al-Qaeda-linked militia behind numerous attacks in recent years.

"This morning, a convoy of MINUSMA peacekeepers from the Nigerian contingent was the target of a direct attack while travelling to Indelimane, in the

Menaka-Asongo corridor. A provisional toll indicated nine deaths," a statement from the UN mission said.

"This is to date the deadliest attack against the UN mission in Mali," the statement said, adding that aircraft had been deployed to secure the area.

Arnauld Akodjenou, the deputy head of the mission, said he was "horrified" by the "cowardly" attack.

"Once again, lives have now been lost in the name of peace in Mali. These crimes must not go unpunished," he said in the statement.

Resolution of crisis

"This violence must stop immediately and MINUSMA again challenges all those involved in finding solutions for sustainable peace to take responsibility for a rapid resolution of the crisis that has lasted too long."

The Nigerian MINUSMA source said MUJAO had formed an alliance with militants from the Fulani ethnic group in the Gao region where the attack



HABIBOU KPUYATE | AFP

Thousands of people take part in a march on September 25 in Bamako, demanding peace in Mali. They also protested against calls for independence in the north by Tuareg rebels.

took place.

"The terrorists had threatened to carry out attacks in the run-up to the feast of Tabaski. They've just carried them out," added a Malian military source, using the west African name for the Islamic festival of Eid al-Adha taking place on Sunday.

Menaka, an isolated Sahara desert town in eastern Mali crisscrossed by seasonally dry riverbeds, is used mainly as a temporary home by nomadic Tuareg tribes.

It was the scene of heavy fighting between the Mali government and the three main separatist rebel groups in May.

The region of Gao is part of a large swathe of desert which is the cradle of a Tuareg separatist movement that wants

independence for the homeland it calls "Azawad" and which has launched several rebellions since the 1960s.

Around 50 Malian soldiers were killed around Menaka and the flashpoint town of Kidal further north by Tuareg and Arab insurgents in May.

Ten UN peacekeepers — all from Chad — have been killed by roadside bombs in the Kidal region in recent weeks, prompting the government in N'Djamena to complain to the UN that the Chadian contingent of MINUSMA were suffering discrimination.

MUJAO claimed responsibility for a rocket attack on a MINUSMA base close to the border with Algeria in August. (AFP)

“Once again, lives have now been lost in the name of peace in Mali. These crimes must not go unpunished.”

Arnauld Akodjenou,
deputy head of UN mission in Mali

Museveni warns of economic impact of anti-gay Bill



KAMPALA, Friday

Uganda's president today signalled he is having second thoughts over tough anti-homosexuality legislation, arguing the east African nation needed to consider the impact on trade and economic growth.

In an editorial carried by a leading national daily, veteran President Yoweri Museveni (left) said he signed the controversial anti-gay law earlier this year

because he wanted to protect children and stop people being "recruited" into homosexuality.

But he said that although Uganda could endure aid cuts, it would be badly hit by a trade boycott.

The comments, carried by the *New Vision* newspaper, came as Ugandan MPs are trying to present anti-gay legislation for a second time.

The Bill had been voted through and signed by Mr Museveni, but was struck

down by the constitutional court on a technicality.

The legislation would see homosexuals potentially jailed for life. It outlaws the promotion of homosexuality and obliges Ugandans to denounce gays. Although popular domestically, it was branded draconian and "abominable" by rights groups and condemned by several key allies and donors, including the European Union and the United States. (AFP)

BURNT & FORGOTTEN

NTV's Brenda Wanga sits down with some of the victims of horrific school fires, fires that have shattered dreams, casting the once exuberant students into a world of near hopelessness.

#Burnt&Forgotten

WATCH THIS EXCLUSIVE DOCUMENTARY ONLY ON NTV

Sunday 5th October, 2014

ELECTION | Voting set for Sunday

Brazilians lean towards old guard on poll eve

Incumbent leader Rousseff stretches double-digit first round lead over her main challenger

RIO DE JANEIRO, Friday

Despite economic woes and corruption, Brazilians appear ready to entrust incumbent Dilma Rousseff with the task of rebooting the world's seventh biggest economy in Sunday's presidential elections. Latest polls on Thursday saw Rousseff stretching a double-digit first round lead over her main challenger, environmentalist Marina Silva, and winning a run-off by seven percentage points. Rousseff, Brazil's first female leader and a former guerilla jailed and tortured under the 1965-1985 military dictatorship, retains the support of millions of voters who have benefited from a decade of extensive welfare support begun under her Workers Party (PT) predecessor, Luiz Inacio Lula da Silva. Under Lula, massive welfare programmes such as the Bolsa

Familia (family allowance) helped lift some 40 million voters out of poverty, swelling a burgeoning middle class who underpinned a consumer boom that has now faded amid economic recession. In Thursday's final televised debate, watched by some 50 million people, Rousseff asked rhetorically "who has the most experience" and "the determination to undertake necessary reform", while her rivals castigated her government's economic record and corruption scandals on its watch. Even before Rousseff, 66, took office in 2011 another renowned female politician had lost faith in the PT. Silva, born into a poor family of Amazon rubber tappers,

“All my life I've voted PT — but I am disappointed by the corruption scandals and I'm going to vote for Marina Silva”
Customs official Carmen Balcao

served as Lula's environment minister and alongside Rousseff, his one-time energy minister whom he would promote to chief of staff and then pick as his successor. Having quit over policy clashes, Silva caused a stir when she stood for the Green Party in 2010 and came in third. Lula's enduring popularity helped propel Rousseff to victory then and his support this year has pushed his protege back into pole position after Silva did well in the early running by decrying corruption and state intervention in the economy. Silva only took the Socialist Party ticket in August after the death in an air crash of former running mate Eduardo Campos, entering a contest pitting two high-powered women against each other. As a black woman who only learned to read at 16, Silva picked up early support, not least among the young, captivated by her mantra of ushering in "new politics". "All my life I've voted PT — but I am disappointed by the corruption scandals and I'm going to vote for Marina Silva," said customs official Carmen Balcao. (AFP)



Pro-democracy protesters try to stop a barricade at their demonstration area from being removed in the Causeway Bay District in Hong Kong yesterday.

Hong Kong protesters plan talks boycott

Hong Kong, Friday

Leaders of pro-democracy protests in Hong Kong have threatened to call off talks with the government after demonstrators were involved in scuffles with pro-Beijing supporters. The government must prevent "organised attacks on supporters of the Occupy movement", they said. The protesters, angry at China's plan to vet election

candidates, have been occupying parts of the city. They had earlier accepted an offer of talks from Hong Kong's chief executive. In the commercial district of Mong Kok, on the Kowloon peninsula, opponents of the demonstrators dismantled tents. Many local residents have been angered by the disruption caused by the protests. Police linked arms to try to separate the opposing groups.

Similar scuffles took place in Causeway Bay on Hong Kong Island, where residents tried to remove barricades put up by pro-democracy protesters. "If the government does not immediately prevent the organised attacks on supporters of the Occupy movement, the students will call off dialogue on political reform with the government," said a statement by the three main protest groups. (BBC)

REPUBLIC OF RWANDA



MINISTRY OF TRADE AND INDUSTRY

REQUEST FOR PRE-QUALIFICATION INTERNATIONAL OPEN TENDER

TENDER NOTICE N°04/PPP/MINICOM/ 2014-2015

CORRIGENDUM - 1

TITLE: Selection of a Concessionaire to develop and operate Kigali Logistics Platform

MINICOM would like to inform all interested bidders that the deadline for the submission of Pre-Qualification applications has been extended by 14 days. Therefore the new deadline for submission of Pre-Qualification Application and other associated timelines are revised as follows:

Activity	Target Date
Issuance of RFQ	16 September 2014
Clarification Requests Submission Deadline	14 October 2014
Communication of Response to Questions Document to Prospective Bidders	21 October 2014
Pre-Qualification Applications Submission Deadline	31 October 2014, on or before 5:00 p.m. Rwanda Time
Announcement of Pre-Qualified Bidders	14 November 2014

- Other information of the RFQ remains unchanged.
- The revised Request for Prequalification (RFQ) tender notice with new deadline for submission of applications is presented here below:

Selection of a Concessionaire to develop and operate Kigali Logistics Platform

1. As part of its vision to strengthen the transport and logistics value chain for the country, the Government of Rwanda (GoR), through the Ministry of Trade and Industry (MINICOM) wishes to develop improved trade logistics across Rwanda, based on the Rwanda Logistics and Distribution Services Strategy. For this purpose, suitable facilities have been identified to make the logistics chain for Rwanda's trade more efficient, with one such facility envisaged to be developed is the Kigali Logistics Platform (Project).
2. The Project is envisaged as a modern integrated logistics facility in Kigali to be developed and operated with private sector participation under a public-private partnership (PPP) arrangement. Under the Project, the private investor will be required to design, construct, finance, operate and maintain a new facility at a site identified at Masaka near Kigali for the development of the Project. The Project will require development of infrastructure facilities (such as storage facilities for cargo, parking facilities, repair and maintenance facilities etc.) and provision of services (such as handling of cargo, bonded and non-bonded storage, value added services etc.).
3. MINICOM now intends to select a private sector concessionaire to undertake the Project. MINICOM will award the Project through a fair and transparent competitive bidding process in accordance with the applicable laws of Rwanda and the process set out under the Request for Pre-Qualification (RFQ) document. The purpose of the RFQ process is to identify potential bidders with the requisite technical and managerial experience as well as the financial capacity to undertake the Project as stipulated in the RFQ.
4. Deloitte Touche Tohmatsu IPL is the lead transaction advisor assisting the Government of Rwanda in procurement of private sector concessionaire for the project.
5. Only pre-qualified applicants will be eligible to participate in the subsequent stage of the selection process by responding to the Request for Proposals (RFP) to be issued by MINICOM.
6. MINICOM reserves the right to accept or reject all or any RFQ responses at its discretion. Prospective applicants shall bear all costs associated with their participation in the pre-qualification process including the preparation and submission of their RFQ response, and all possible losses or damages resulting thereto.
7. All interested applicants may obtain a copy of the RFQ through the website of MINICOM (<http://www.minicom.gov.rw>).
8. The interested applicants are required to pay a non-refundable fee of One Hundred US Dollars (\$100.00) or equivalent amount in Rwandan francs. Only entities who have made payment of such fee shall be allowed to participate in the pre-qualification process.
9. The closing date and time for the submission of RFQ response is October, 31st 2014 on or before 5.00 p.m. (Rwanda time).

MINICOM Headquarters
MINAFFET Building, 3rd floor
P.O Box 37 Kigali, Rwanda

PILGRIMAGE | Ultimate act of worship officially ends on Tuesday

Tears, prayers as 2m mark peak of hajj

Muslims from various parts of the world gather on hill where Prophet Mohammed made final sermon 14 centuries ago

MOUNT ARAFAT, Friday

Tears flowed and prayers filled the air as the annual Muslim hajj attended by close to two million believers from around the world reached its zenith on a vast plain in western Saudi Arabia today. “I am now a newborn baby and I don’t have any sin,” Nigerian pilgrim Taofik Odunewu told AFP, standing at the foot of Mount Mercy on the Arafat plain, tears streaming down his face. Odunewu raised his hands to the heavens in the seamless two-piece white “ihram” outfit that he wore. “I pray for prosperity, long life and ... I pray for my country,” Odunewu said with a broad smile. “I’m very blessed to be part of this occasion. I don’t think I will go back to the sinful way,” he pledged. The hajj, which officially ends on Tuesday, is the world’s largest Muslim gathering. It is one of the five pillars of Islam that every capable Muslim must perform at least once, the high-point of his or her spiritual life.



IF YOU GO Faithful set for feast of sacrifice

Pilgrims will stay at Mount Arafat until sunset when they set off for nearby Muzdalifah, where they gather pebbles for the symbolic “stoning of the devil” on Saturday.

In conjunction, animals will be slaughtered for Eid al-Adha, the feast of sacrifice celebrated by Muslims worldwide.

Hundreds of thousands of pilgrims arrived at Arafat today carrying suitcases and other luggage among thousands of white tents which

Muslim pilgrims take part in one of the hajj rituals on Mount Arafat, near Mecca, yesterday.

stood ready to accommodate the multitude. From early morning, pilgrims crowded onto the slippery, rocky hill known as Mount Mercy, where Muslim Prophet Mohammed made his final sermon 14 centuries ago. The pilgrims’ attire turned the hill white in colour, and they carried umbrellas as shields against the hot desert sun. All male pilgrims dress in white ihram to symbolise a state of purity, which also emphasises their

unity regardless of social status or nationality. Some pilgrims sat alone on rocks, praying silently, as others gathered in groups, their voices in a loud appeal to God. Egyptian pilgrim Mohammed Ahmed, 53, sat with his wife under a yellow garbage bag they set up as a make-shift tent. He said they were praying for “the victory of Muslims, those who are weak, oppressed, and jailed ... all over the world”. (AFP)

BRIEFLY

PATNA 32 die in stampede during India festival

A stampede at a popular religious festival in eastern India on Friday left 32 people dead and several dozen injured, an official said. Thousands of people had gathered to celebrate the Dussehra festival at a ground in the city of Patna in Bihar state, when panic erupted, officials said. It was unclear what triggered the stampede, which occurred as crowds were leaving the venue after watching giant effigies of the Hindu demon king Ravana set ablaze for Dussehra, which celebrates the victory of good over evil. (AFP)

BRUSSELS EU faults Israel over new settlements plan

The European Union on Friday condemned an Israeli plan to build 2,610 new settler homes in annexed east Jerusalem, calling it “detrimental” to diplomatic efforts for Israeli-Palestinian peace. Brussels called on Israel to “urgently reverse” actions leading to settlement expansion in east Jerusalem, which the Palestinians hope to make the capital of a future state alongside Israel. “This represents a further highly detrimental step that undermines prospects for a two-state solution,” said the EU. (AFP)



MACHAKOS HALF MARATHON

POWERED BY 





Ni mambo yote!

MULLEYS MACHAKOS HALF MARATHON

SUNDAY 5th OCT 2014
KENYATTA STADIUM, MACHAKOS
AT 7:00AM

Elite Athletes

21 Km

Corporate Team Event

10 Km

Fun & Family Run

3 Km

'educating HIV/AIDS orphans'

Artists Performing 



Kata Kiu

NAIROBI 94.4 | MOMBASA 87.9 | NAKURU 103.3 | NYERI 99.9 | ELDORET 96.7 | MERU 107.1 | KISUMU 102.1 | KISI 96.1 | MALINDI 97.6

BUSINESS



IMF CAUTIONS AGAINST RAPID TRANSFER OF CASH TO COUNTIES

Fast rate of devolution could strain fiscal management and cause unstable interest rates in Kenya, say global Fund **P.46**

NO DEAL | Sticky issues include a demand by EAC to tax imports that could threaten local industries

Talks debacle heightens crisis on EAC exports to European Union

Resolution of key issues that are forestalling signing of trade pacts to facilitate duty free access of Kenyan exports to take longer than expected

BY RAMENYA GIBENDI
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@ramenyagib

The growing crisis over Kenya's exports to Europe took a new turn yesterday after European Union officials said no date had been set for talks, contrary to the government's position on the matter.

This means that chances of speedy resolution of issues forestalling signing of the trade agreement between East Africa Community and European Union to facilitate duty free access of Kenya exports will take longer than promised.

"Brussels has received the request from EAC but a date (for the meeting) is yet to be arrived at," Mr Christophe De Vroey, head of communication at the European Union delegation in Kenya, said at a press briefing in Nairobi yesterday.

It is understood that EAC had requested for an October 15 meeting with the European Union, which was declined by EU's Brussels office.

Not worth reviewing

Lack of a specific date for the negotiations is not the only problem, with the European Union saying the draft agreement reached by the EAC council of ministers is not worth sitting down to review.

Mid last month, the East Africa Council of ministers hurriedly convened a meeting in Arusha in which they agreed among themselves on how contentious issues should be worded, which the European Union secretariat later objected to.

"The proposal considered two weeks ago was declined as insufficient to have us arrive at a deal," Mr Vroey said without elaborating on the contents of the proposal.

Among the sticky issues, according to those in the know, is a demand by EAC



CHEBET CAROLINE | NATION

European Union trade and communication councillor Christophe De Vroey (left) and Ministry of Foreign Affairs and International Trade director general Nelson Ndirangu during a forum to discuss the crisis on the Economic Partnership Agreement. "The proposal considered two weeks ago has been declined as insufficient to have us arrive at a deal," Mr Vroey said yesterday.

for freedom to 'protect' itself by imposing taxes on goods from the European Union whenever regional governments feel such goods threaten local industries.

The European Union, on the other hand, demands that EAC members ask for permission before implementing such measures.

The European Union, considered the largest single market, is also demanding that EAC countries eliminate export taxes before signing the Economic Partnership Agreement.

EAC is also pushing European Union members to abolish internal subsidies advanced to its farmers which see goods reach the markets at lower prices.

"It is imperative to note that only a few issues stand between us (EU/EAC) and signing of the deal," Mr Vroey added.

Currently, Kenya is the only country on the continent whose exports — mainly agricultural — are being subjected to higher tax regimes before entry into the European Union market.

This is because other EAC member states are classified as least developed countries and thus continue to enjoy duty-free and quota-free exports to Europe, even without EPAs. Other trading blocs on the continent have signed EPAs.

The European Union is the main export market for all East Africa Community member states, particularly Kenya. About 23 per cent of Kenya's total exports go to that market.

Kenya exports 70 per cent of its flowers to the European Union, and it earned the economy Sh110 billion last year, making it one of the top foreign exchange earners.

The European Union estimates that the delay will cost the economy at least Sh400 million a month while industry players such as the Kenya Flower Council put the loss at Sh1 billion every month.

The Kenya Association of Manufacturers, on the other hand, puts the estimated loss as a result of the new tax regime at Sh637 million per month.

400

Amount in millions of shillings a month that the European Union estimates the delay in holding talks will cost the Kenya economy

Technology firm to raise cash at NSE

BY NATION CORRESPONDENT

A technology firm has announced plans to raise capital from the public by selling shares to fund its expansion strategy.

Empire Microsystems plans to list on the Nairobi bourse's Growth Enterprise Market Segment (GEMS), which is reserved for small and medium enterprises.

"The listing is part of our expansion strategy aimed at aligning the company with the growth in IT industry, as well as the boom in property and infrastructure space where we play a key link role between the two sectors and the end user," Empire Microsystems chairman Julius Kipng'etich said in a statement.

The firm works with other technology firms like Huawei, Jamii Telecoms, Safaricom and Wananchi Group to provide last-mile Internet connections to customers. In the past six years, it has connected 5,000 buildings and 50,000 customers to various Internet service providers.

Empire Microsystems says it has hired Equity Investment Bank as the lead transaction advisor and ABC Capital and Equity Investment Bank as co-sponsoring stock-brokers for the planned listing that is awaiting NSE's approval.

The firm joins a list of others, including consumer goods and tank manufacturer Flame Tree, Mayfox and East African Data Handlers in plans to list on GEMS this year.

“

The listing will facilitate our expansion, price discovery and position for future capital raising,”

Mr James Mworira, Empire Microsystems founder, CEO

Eveready share price rises as investors mull change of strategy



Mr Jackson Mutua, MD

BY NATION REPORTER

Eveready East Africa shares at the Nairobi bourse closed the week's trading at Sh4.10, about 39 per cent higher than Monday's opening price, as investors seem ready to buy into the company's announcement to scale down operations.

On Monday, Eveready East Africa announced plans to close down its D-batteries factory in Nakuru, opting to import these from Egypt. The firm

now wants to develop its land in Nakuru into real estate.

In an interview with the *Nation* on Thursday, the company's managing director, Mr Jackson Mutua, said the management was in talks with potential partners on how to turn the prime land where the factory stands into a real estate development.

The land, on the outskirts of the fast-expanding Nakuru town, touches the Nakuru-Eldoret highway and neighbours the upmarket Kiamunyi estate.

Among the options the company is considering are building a three or four-star hotel, a business park and other commercial properties to let.

Mr Mutua said that although the factory had stopped production, the company would continue to distribute batteries in its D-range, which will be imported from Egypt where the cost of production is lower than in Kenya. The company, which distributes its products in Tanzania through local companies, said it would review its prices there in

view of the change of business strategy. However, it has formed a subsidiary, Flamingo Uganda, through which it will sell its products in that country.

Besides the firm's existing battery range, it distributes lifestyle products such as shaving machines under the Schick brand and a range of energy gadgets, including lanterns and lights for indoor and outdoor use.

The company has also started distributing Turbo and Turbo II motor vehicle batteries.

TOUGH PHASE | Caution comes at a time when governors are pushing for more power to counties

IMF warns on cash transfer to counties

Fast rate of devolution could strain fiscal management and cause unstable interest rates in Kenya, it says

BY MWANIKI WAHOME
@mwanikiwahome
jwahome@ke.nationmedia.com

The fast pace of devolving services to county government could hurt the country's economic wellbeing, resulting in high interest rates for credit.

In its latest report on the country, the International Monetary Fund has cautioned the government over the fast rate of devolution and transfer of money to county governments, saying it could strain cash management and cause unstable interest rates.

Shortly after attaining power, President Uhuru Kenyatta caved in to pressure from governors, ordering immediate devolution of all central functions.

The previous requirement was that the functions be devolved in phases.

"... This fast-track approach has introduced strains in the government's cash management, inducing interest rate volatility. Moreover, it complicated teething problems (common to devolution episodes), and enforcement of the public financial management (PFM) framework," IMF notes in its latest update.

The caution comes at a time when some governors have launched a campaign to have



DIANA NGILA | NATION

IMF mission chief for Kenya Mauro Mecagni (left) with IMF resident representative Ragnar Gudmundsson. The duo warned that the high wage bill and payroll issues, debt inherited from previous local authorities and unfavourable spending could further affect Kenya's fiscal sustainability.

more money sent to counties under the Pesa Mashinani referendum campaigns.

The national government allocated Sh266.7 billion to the 47 counties in this year's budget.

High wage bill

IMF, which issued the report on Thursday, also warned on the high wage bill, saying it could further affect economic stability.

"Other challenges have also emerged and, if left unaddressed, they could negatively affect fiscal sustainability in the medium term, including wage bill and payroll issues, debt inherited

from previous local authorities and unfavourable spending composition," IMF notes.

The report acknowledges that the government has tried to put control mechanisms in public finance spending but adds that this needs to be made in a more systematic manner to have greater effect.

"Some checks and balances are proving effective, such as the requirement for Treasury approval of guarantees for county borrowing.

"However a more systematic framework is needed. Staff and the authorities agree that the scale

of transfers to counties magnified the government's cash management problems that need to be addressed with the help of the recently introduced Treasury Single Account," the report says.

Important vehicle

The Bretton Woods institution, however, said devolution was an important vehicle for reducing poverty across counties while improving delivery of services.

Distribution of resources, however, will depend on policies of the counties, efficient use of resources, and accountability, the report says.

“

Some checks and balances are proving effective, such as the requirement for Treasury approval for county borrowing, IMF report

Let Kenya host next world trade forum, says DP

BY NATION CORRESPONDENT

Deputy President William Ruto is leading the lobbying for Kenya to host next year's ministerial conference of the World Trade Organisation. And several countries, among them Spain, say they will support Nairobi as the host of the meeting. The executive director of the International Trade Centre, Ms Aracha Gonzalez, who is from Spain, threw her weight behind Kenya.

The Deputy President is in Geneva, Switzerland, to attend the WTO Forum. He met and pitched to several high-level delegates and officials of the organisation.

In his meeting with Mr Roberto Azevedo, who is the director general of WTO, Mr Ruto said the conference would boost the momentum for regional integration in Africa.

BRIEFLY

Microsoft introduces new Lumia 530 phone

Microsoft has announced the availability of the Lumia 530 phone in Kenya for Sh10,999 at all Orange and authorised dealer shops. A powerful entry to Windows Phone 8.1, the Lumia 530 has Microsoft innovations and services found in high-end Lumia smartphones.

It is available in single SIM 3G and dual SIM 3G variants, and is said to provide a balance of latest generation smartphone features and experiences at a lower price.

The Lumia 530 also has new personalisation similar to that of the Windows Phone 8.1.

SCHOOL BUS FOR SALE

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Tenders are invited from interested parties for the purchase of the above mentioned vehicle. Tender forms can be obtained from the Bursar's Office upon payment of a non-refundable fee of Kshs. 2,000/= per form during normal working hours.

The completed tender forms in sealed envelopes clearly marked "TENDER FOR SCHOOL BUS" should be addressed to:-
Chairman Tender Committee
Matungulu Boys' High School
P.O. Box 1101-90115
KANGUNDO.

and be placed in the tender box provided at the reception or in the Principal's office so as to reach the above on or before 15th October 2014 by 2.00pm. Opening of the forms will be done on the same day from 2.50 pm in the school staffroom.

Bidders or their authorised representatives are free to attend. All prices must exclude all other costs where applicable.



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[UNDER STATUTORY MANAGEMENT]
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Tel: 254-2-2728624, Fax: 254-2-2728625
E-Mail: info@unitedinsuranceco.com

THE INSURANCE ACT (CAP 487)

UNITED INSURANCE COMPANY LIMITED (UNDER STATUTORY MANAGEMENT)

DECLARATION OF A MORATORIUM

PURSUANT to the application by the Commissioner of Insurance in exercise of his powers under section 67 C (3) of the Insurance Act and to the Orders of the Court subsequently issued on 30th September, 2014, the period of Statutory Management has been extended for a further period of three (3) months effective 27th September, 2014.

NOW TAKE FURTHER NOTICE that in exercise of powers conferred by section 67C (2) (10) of the Insurance Act, the Statutory Manager hereby extends **Moratorium** on the payments by the said insurer to its policy holders and all other creditors for a period of three (3) months with effect from the date of this Notice.

All enquiries should be directed to the Statutory Manager on the above address.

Dated the 1st October, 2014.

MR. EVANSON MUNENE WARUHIU
STATUTORY MANAGER

FCA Festival of Creative Arts
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TOP LEAGUE | Programme is one of the world’s most prestigious and is held in more than 145 cities and over 60 countries

Hunt for new crop of top businesses begins in earnest

Nominations for this year’s EA chapter of Ernst and Young awards closes on October 18

BY LILIAN OCHIENG’
laochieng@ke.nationmedia.com
@LilianMerab

Business leaders wishing to take part in this year's Ernst and Young World Entrepreneur Award have 16 days to apply. Nominations for the Eastern Africa chapter of the programme opened on October 1 and closes on October 18.

Ernst and Young is calling for nominations of people who run enterprises with a turnover of more than Sh4.4 billion to enter the masters’ category which enlists them to the final price awarded at a prestigious ceremony in Monte Carlo, Monaco, next year. Business leaders who have left a legacy in the region are also encouraged to apply for the awards, with the entries made through the Lifetime achievement category, according to EY Eastern Africa CEO Gitahi Gachahi. Kenyans have exclusively taken home the awards since the entry was created. “The calibre of all our Eastern Africa programme participants, whether win-



“The calibre of all our Eastern Africa programme participants, whether winners or not, is outstanding. They are world-class leaders and visionaries. Mr Gitahi Gachahi, EY Eastern Africa CEO

ners or not, is outstanding. They are world-class leaders and visionaries, operating successfully in complex and sometimes challenging markets,” said Mr Gachahi. The East African chapter of the

awards will be held at a gala dinner scheduled for November 27, in Nairobi, Kenya. The programme is one of the world’s most prestigious, and is held in more than 145 cities and over 60

countries worldwide. Other categories for the competition include: emerging entrepreneur category, eligible to those with businesses that have run for three years, recording a turnover of over Sh440 million. The women category encourages entries from businesses with turnovers exceeding Sh220 million. The awards were launched in 2011. Equity Bank chief executive James Mwangi was the 2011 winner of the Master Entrepreneur Category, while Ugandan businessman and Simba Group of Companies founder Patrick Bitature won the Emerging Entrepreneur award. Dr Manu Chandaria, chairman of Comcraft Group, won the Lifetime achievement award in 2011, while Ms Olive Mugenda, Kenyatta University vice-chancellor, won the award in 2012. In 2012, the masters’ award was won by Ugandan Emmanuel Katongole of Quality Chemical Industries Ltd. It was passed over to Kenyan Jennifer Riria, CEO of Kenya Women Holdings, who currently holds the title. Contestants have to log onto the site <http://www.ey.com/KE/About-us/Entrepreneur-Of-The-Year> to enter the competition.

NAIROBI SECURITIES EXCHANGE					
Last 12 Mths		Security	Prices		
High	Low		Yesterday	Previous	Shares
Agricultural					
43.00	23.50	Eaagads Ord 1.25	36.75	40.00	95,600
210.00	81.00	Kakuzi Ord 5.00	214.00	215.00	1,100
167.00	110.00	Kapchorua Tea Co Ord 5.00	149.00	141.00	5,200
880.00	460.00	The Limuru Tea Co. Ord 20.00	965.00	880.00	300
30.00	24.50	Rea Vipingo Plantations Ord 5.00		27.50	
19.95	12.80	Sasini Ltd Ord 1.00	14.70	14.45	5,400
320.00	210.00	Williamson Tea Kenya Ord 5.00	285.00	275.00	200
Automobiles & Accessories					
52.00	21.50	Car & General (K) Ord 5.00	46.00	46.00	200
-	-	CMC Holdings Ord 0.50		13.50	
13.00	8.00	Marshall's (E.A.) Ord 5.00		10.40	
9.40	4.50	Sameer Africa Ord 5.00	6.70	6.70	13,900
Banking					
19.15	15.30	Barclays Bank Ord 0.50	17.10	17.10	131,000
155.00	68.00	CFC Stanbic of Kenya Holdings Ord 5.00	125.00	127.00	4,900
280.00	166.00	Diamond Trust Bank Ord 4.00	271.00	275.00	201,100
63.00	29.50	Equity Bank Ord 0.50	50.75	49.75	1,115,000
53.00	23.75	Housing Finance Co Ord 5.00	48.00	48.25	24,500
147.00	85.00	I & M Holdings Ltd Ord 1.00	140.00	139.00	9,700
62.00	41.25	KCB Ord 1.00	58.50	58.50	264,100
39.25	18.60	NBK Ord 5.00	26.50	26.75	8,900
85.00	54.50	NIC Bank Ord 5.00	71.50	78.50	55,400
350.00	280.00	StandardChartered Ord 5.00	335.00	334.00	32,800
25.00	14.80	Co-op Bank of Kenya Ord 1.00	21.50	21.75	1,155,500
Commercial & Services					
8.45	3.55	Express Ord 5.00	8.25	8.35	2,600
-	-	Hutchings Biemer Ord 5.00		20.25	
14.70	8.30	Kenya Airways Ord 5.00	9.15	9.30	558,900
30.75	5.00	Longhorn Kenya Ord 1.00	26.75	28.00	201,900
345.00	296.00	Nation Media Group Ord. 2.50		310.00	
78.00	40.00	ScanGroup Ord. 1.00	44.25	42.25	1,241,000
37.00	25.00	Standard Group Ord 5.00	35.00	34.50	1,800
53.00	32.00	TPS EA (Serena) Ord 1.00	36.00	35.50	37,300
23.00	10.00	Uchumi Supermarket Ord 5.00	10.60	10.35	89,300
Construction & Allied					
98.50	84.00	ARM Cement Ord 1.00	88.50	87.50	348,000
220.00	146.00	Bamburi Cement Ord 5.00	148.00	147.00	179,200
124.00	60.00	Crown Paints Kenya Ord 5.00	115.00	115.00	2,000
18.00	13.50	E.A.Cables Ord 0.50	15.15	15.15	27,400
110.00	52.00	E.A.Portland Cement Ord 5.00	70.00	73.50	1,100
Energy & Petroleum					
17.90	8.70	KenGen Ord 2.50	10.45	10.15	196,600
10.50	7.90	KenolKobil Ltd Ord 0.05	9.40	9.30	594,700
16.00	12.85	KP&LC Ord 2.50	14.80	14.40	212,400
7.50	6.70	KP&LC 4% Pref.20.00		8.00	
-	-	KP&LC 7% Pref.20.00		5.50	
28.75	15.85	Total Kenya Ord 5.00	27.00	25.00	26,000
26.50	13.00	Umeme Ltd Ord 0.50		20.00	
Insurance					
37.75	7.80	British American Investments Co.0.10	33.75	33.00	215,400
12.40	4.20	CIC Insurance Group Ord 1.00	11.30	11.50	1,035,700
500.00	255.00	Jubilee Holdings Ord 5.00	498.00	499.00	300
21.00	13.10	Kenya Re Corporation Ord 2.50	18.25	18.20	83,000
24.75	11.05	Liberty Kenya Holdings Ord 1.00	22.00	22.50	220,200
145.00	55.00	Pan Africa Insurance Ord 5.00	122.00	123.00	2,900
Investment					
84.50	22.75	Centum Investment Co Ord 0.50	62.50	61.50	99,100
6.40	3.50	Olympia Capital Holdings Ord 5.00	7.55	6.95	280,200
37.75	19.50	Trans-Century LtdOrd 0.50	20.00	20.50	16,000

Investment Services						
28.00	15.00	Nairobi Securities Exchange Ord 4.00	22.25	22.25	148,600	
Manufacturing & Allied						
-		A.Baumann & Co. Ord 5.00		11.10		
190.00	113.00	B.O.C Kenya Ord 5.00	150.00	142.00	9,100	
950.00	521.00	British American Tobacco Kenya Ord 10.00	950.00	949.00	5,000	
67.50	25.00	Carbacid Investments Ord 5.00	27.00	27.25	53,800	
346.00	212.00	East African Breweries Ord 2.00	285.00	284.00	193,000	
5.35	2.40	Eveready EA Ord 1.00	4.10	4.55	268,400	
88.00	4.40	Kenya Orchards Ord 5.00	87.50	88.00	2,600	
4.20	1.85	Mumias Sugar Co. Ord 2.00	2.00	2.00	2,490,700	
42.25	15.00	Unga Group Ord 5.00	.41.75	38.50	23,100	
Telecommunication & Technology						
13.50	7.45	Safaricom Ltd Ord. 0.05	12.70	12.75	4,373,600	
Growth & Enterprise Market Segment (GEMS)						
17.50	3.20	Home Afrika Ltd Ord. 1.00	4.15	4.30	386,700	
NSE All Share Index(NASI)-(1 Jan 2008=100 Up 0.03 points to close at 163.66						
NSE 20 Share Index Up 42.77 points to close at 5292.42 EquityTurnover-480,691,794 Prv-1,336,857,439						
BANK RATES						
		Euro	\$	£	C\$	SF
ABC	buy	112.50	89.25	144.59	-	93.26
	sell	112.80	89.45	144.95	-	93.52
Barclays	buy	112.76	89.15	143.74	79.70	93.25
	sell	113.19	89.35	144.24	80.02	93.65
Co-op	buy	112.82	89.15	143.83	80.66	95.26
	sell	113.09	89.35	144.18	80.87	94.27
Equity	buy	112.39	89.25	144.59	79.85	93.18
	sell	112.68	89.45	144.95	80.04	93.43
NBK	buy	112.52	88.90	143.46	79.52	93.07
	sell	113.39	89.60	144.55	80.16	93.84
KCB	buy	112.50	89.30	144.60	79.60	93.15
	sell	113.00	89.50	145.20	80.10	93.60
CBA	buy	112.70	89.20	143.50	79.50	93.25
	sell	113.00	89.40	143.90	80.00	93.55
CFC Stanbic	buy	112.74	89.15	143.84	79.77	93.28
	sell	113.02	89.35	144.16	79.95	93.49
GulfAfrican	buy	112.78	89.15	143.84	79.75	93.31
	sell	112.93	89.25	144.05	79.88	93.46
FCB	buy	117.40	87.70	147.30	80.20	96.70
	sell	118.00	87.90	148.30	80.70	96.80
Prime	buy	111.80	89.15	142.50	79.40	93.00
	sell	112.50	89.45	143.00	79.90	92.60
CBK RATES						
		Mean		Buy		Sell
1 US Dollar		89.3306		89.2417		89.4194
1 Sterling Pound		144.9186		144.7483		145.0889
1 Euro		113.0125		112.8778		113.1472
1 South African Rand		7.9741		7.9622		7.9860
1 Ksh/Ush		29.6092		29.5238		29.6946
1 Ksh/Tsh		18.7842		18.7096		18.8589
1 Ksh/Rwanda Franc		7.7018		7.6493		7.7542
1 Ksh/Burundi Franc		17.2675		17.1383		17.3966
1 UAE Dirham		24.3212		24.2967		24.3457
1 Canadian Dollar		80.3569		80.2546		80.4593
1 Swiss Franc		93.5753		93.4572		93.6933
100 Japanese Yen		82.1870		82.0906		82.2834
1 Swedish Kroner		12.4144		12.3987		12.4301
1 Norwegian Kroner		13.8681		13.8506		13.8856
1 Danish Kroner		15.1798		15.1630		15.1965
1 Indian Rupee		1.4502		1.4487		1.4517
1 Hong Kong Dollar		11.5089		11.4974		11.5203
1 Singapore Dollar		70.1705		70.0759		70.2652
1 Saudi Riyal		23.8113		23.7857		23.8369
1 Chinese Yuan		14.5513		14.5357		14.5670
1 Australian Dollar		78.5305		78.4345		78.6265

UNIT TRUSTS			
Money Market Funds		Daily Yield	Effective Annual Rate
African Alliance Kenya Shilling Fund	Kenya Shilling	7.37%	7.63%
Old Mutual Money Market Fund	Kenya Shilling	7.21%	7.45%
British-American Money Market Fund	Kenya Shilling	10.75%	11.35%
Stanlib Money Market Fund	Kenya Shilling	10.01%	10.48%
CBA Market Fund	Kenya Shilling	6.20%	6.40%
CIC Money Market Fund	Kenya Shilling	10.62%	11.15%
Zimele Money Market Fund	Kenya Shilling	9.0%	9.31%
Amana Shilling Fund	Kenya Shilling	10.12%	10.61%
ICEA Money Market Fund	Kenya Shilling	8.70%	9.08%
Madison Asset Money Market Fund	Kenya Shilling	10.10%	10.62%
GenCap Hela Fund	Kenya Shilling	10.93%	11.38%
UAP Money Market Fund	Kenya Shilling	10.90%	11.51%
Fixed Income Funds/Equity Funds/Balanced Funds		Buy	Sell
African Alliance Fixed Income Fund	Kenya Shilling	11.42	11.05
CIC Fixed Income Fund	Kenya Shilling	9.12	9.28
Standard Investment Income Fund	Kenya Shilling	94.91	95.85
UAP Enhanced Income Fund	Kenya Shilling	10.45	10.97
African Alliance Kenya Equity Fund	Kenya Shilling	209.74	196.97
ICEA Equity Fund	Kenya Shilling	159.89	168.31
British-American Equity Fund	Kenya Shilling	219.04	226.00
CBA Equity Fund	Kenya Shilling	168.52	178.89
CIC Equity Fund	Kenya Shilling	14.82	15.59
Old Mutual Equity Fund	Kenya Shilling	406.83	435.91
Stanlib Equity Fund	Kenya Shilling	188.38	188.38
Madison Asset Equity Fund	Kenya Shilling	54.34	56.39
GenCap Hela Fund	Kenya Shilling	135.16	130.43
African Alliance Managed Fund	Kenya Shilling	23.09	21.74
British-American Managed Retirement Fund	Kenya Shilling	138.54	139.71
ICEA Growth Fund	Kenya Shilling	151.89	159.89
Amana Growth Fund	Kenya Shilling	111.32	111.32
British-American Balanced Fund	Kenya Shilling	198.33	204.13
CIC Balanced Fund	Kenya Shilling	14.15	14.82
Old Mutual Balanced Fund/Toboa	Kenya Shilling	162.19	172.71
Madison Asset Balanced Fund	Kenya Shilling	67.63	71.54
Amana Balanced Fund	Kenya Shilling	113.34	113.34
Zimele Balanced Fund	Kenya Shilling	5.88	6.06
Stanlib Balanced Fund	Kenya Shilling	131.32	131.32
GenCap Eneza Fund	Kenya Shilling	131.67	127.06
GenCap Iman Fund	Kenya Shilling	119.19	113.23
Stanlib Bond Fund B1	Kenya Shilling	101.03	101.03
Stanlib Bond Fund A	Kenya Shilling	100.64	100.64
Old Mutual East Africa Fund	Kenya Shilling	158.36	167.60
British American Bond Plus Fund	Kenya Shilling	143.47	146.40
GenCap Hazina Fund	Kenya Shilling	116.52	112.44
ICEA Bond Fund	Kenya Shilling	97.80	98.79
Old Mutual Bond Fund	Kenya Shilling	100.46	102.85
UAP High Yield Bond Fund	Kenya Shilling	10.24	10.24
ARAB CURRENCY/\$			
Algerian Dinar			82.33
Bahrani Dinar			0.3777
Djibouti Franc			177
Egyptian Pound			7.15
Jordanian Dinar			0.708
Kuwait Dinar			0.28775
Lebanese Pound			1512
Libyan Dinar			1.212
Moroccan Dirham			8.2107
Omani Riyal			0.38494
Qatar Riyal			3.6412
Saudi Riyal			3.7508
Syrian Pound			159.95
Tunisian Dinar			1.663
Yemeni Riyal			214.8

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MC: GATIBARO WA NDUKA

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NAIROBI & UPCOUNTRY

PERSONAL NOTICES

A109 Lost

A116 Marriage

AKA Mapenzi pass exams promotions interviews infertility wealth lost property pay after work 0738413221

ASANGA frm ukambani solves love & business 0726214755

HIV+DATES 0729530939

LONELY? SMS LOVE to 22450

LONELY singles sms 0714385103

LOVE partner sms 0704-057570

MALIK Lost lover Back 24hrs. wealth, job, exam, marriage, financial debt, Pay after success 0732095797

MARIA&JUMA Lost lover Back 24hrs. wealth, job, marriage, financial debt, Pay after success 0733-692173

ZAMBA Mapenzi 30mins business wealth pass exams interviews job infertility pay after work 0705982429

PERSONAL SERVICES

A181 Beauty

ASIANS AROMA 0729-237017

BEAUTI in Ngara 2 0726-656450

NAIROBIWEST aroma 0725026339

NEW Upperhill Aroma 0720-701703

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Kisumu
Mega Plaza, 3rd flr, Wing B
Tel: (057) 2021699, 2021230

Eldoret
Zion Mall,
Wing C, Tel: 0722 200 773
0719038950/1

Nakuru
C.K. Patel Building, Kenyatta Avenue
Te (051) 2215506, 2215740, 2211688

Nyeri
Kona Hauthi House. P.O. BOX 1396,
Tel: (061) 2030640,
Tel/Fax: (061) 2034120

ADVERTISING COLLECTION POINTS

THIKA
Jopaka Enterprises
Jogoo Kimakia Building
Patrick Kamau: 0725856687
Email: jopakathika@yahoo.com

Mbambu Communications
Clairbourn Building, Uhuru Street
along Kwame Nkuruma Road
Room No.A7., Call Thika on 0710 305337
Email: thika.nationagency@mbambu.com

EMBU
Peterson Stationers/Bookshop
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MACHAKOS & KITENGELA
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First Flr. Next to Equity Bank,
Stephen Muniyiri: 0733277993/ 0711411515
Email: stephenmuniyiri@gmail.com

KISII
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Peter Angwenyi: 0722478171
Email: pemapservices@gmail.com

MERU
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Email: ndiungiagencies@yahoo.co.uk

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A230 Health

0703488922 delay size hardrock 150

0723408602 Men's delay

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0723408602 Reduce pot in Mombasa

0723408602 short time & failure

MENS big size & confidence 0726272266

MENS Instant hardrock 200 0726272266

A244 Herbal Medicine

MEN big size & power 0720436053

A279 Notices

RIOKI ESTATE COMPANY LIMITED
(1970)
P. O.BOX 231-00900
KIAMBU.

NOTICE FOR SHAREHOLDERS ANNUAL GENERAL MEETING (A.G.M.)

NOTICE is hereby given that the Shareholders Annual General Meeting (A.G.M.) of the Company shall be held at the Company's Head Office at the Rioki Estate Compound on Saturday 11th October 2014 starting at 9.00 a.m. to transact Ordinary Business.

The above is in furtherance to our **NOTICE** of the said Annual General Meeting dated 15th September, 2014 containing the Agenda item, which was duly approved and acknowledged by the Registrar of Companies at Sheria House, Nairobi.

NOTE:
1. All Shareholders **MUST** come along with their National Identity Cards and Share Certificates as the meeting is strictly for Bona fide shareholders only.

2. Any persons who do not comply with (1) above shall not be allowed into the meeting venue.

BY ORDER OF THE BOARD OF DIRECTORS.

Signed by the
SECRETARY TO THE BOARD
Joseph Njau Waitara

A168 Nutrition

NUTRITIONAL Supplement vital for study & exams biblical & scientific 0707559494

AGRICULTURE & HOME

B671 Fertilizers, Seed & Seedlings

Macadamia S/Dlings 0720650197

INTERIOR DESIGN

PETS & LIVESTOCK

A988 Dogs & Dog Training

ROT&GSD pups 0711391811 Kim

ROTTWEILER gsd pups gsd stud 0711412650

B015 Poultry

KARI Chicks 0722252898

Kienyeji Chicks Kuroiler 0773889309

B016 Rabbits

RUIRU Rabbit Farm. Weaned rabbits for sale 0713753985 \ 0716024268

SHOPPING GUIDE

COMMERCIAL

B462 Business for Sale

GREAT OPPORTUNITY! HOT DEAL! Prestigious Running Restaurant & Resort, beautiful garden, swimming-pool Bar, located in Bamburi on Mba-Mld road. Fully equipped. Automatic silent Generator 135KVA, parking, LONG LEASE, REAL OPPORTUNITY, AFFORDABLE PRICE! 0727721052

B476 Business Opportunities

BEST Green houses 0729276749

INV 8K get 400 p/d 0722-775376

INVEST 1500/= start distribution biz we need 5 pple from each county sms 0716206399

INVEST and earn 3.5% per month. Send the word INVEST to 0703769387

B525 Financial

020-2245564 spot loans on Toshiba, Macpros & HP Laptops btwn 20K-50K

LOANS on the spot between 15-40K with laptops as security, 0723408602

WE Advance cash against your m/vehicle T/deed 0713266196

B546 Machinery for Sale

COMMERCIAL Briquette making equipment output 1200kg/hour ono 580k Call 0734989666

Gestener printer 175K 0728216325

B827 Web Hosting/Design

WEBHOSTING +Free domain www.sasahost.co.ke 0713478555

CLEANING SERVICES

FOR SALE OR WANTED

A822 Computers

Lptop&Mac repair i buy dead 0721486136

SACCO software free WWW.LT.CO.KE

A836 Electrical Appliances

AMPLIFIERS & SPEAKERS
USED HIGH QUALITY EX-JAPAN

Amplifiers, Speakers & tuners
Kenwood, Pioneer, Sony, Marantz, Denon, Onkyo, Harman/ Kardon.

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BRANCH
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Situating between City Stadium and Makongeni Police Station
Tel: 0708-810021

Solar & power back ups fully inst from Ksh 75k 0722747246

A878 Mobile Phones

IPHONE 6 AND 6+ 0722825670

REPAIR & MAINTENANCE

B324 Building

WE Sell & apply walmaster 0723587437

WHERE TO EAT

WHERE TO STAY

A571 Hotels

@SELDOM Hotel-Murang'a rd: For accommodation single 1000/=. Meetings Conferences & Satelite TV 0722 820601, 0722511159

@UPRUMYS Hotel Parkroad For accomm. single 600/= Meetings Confe rences 0711154488, 0722511159

RABI-HOTEL, Ngara, Limuru rd.For accom. single 1200/=. Conferences, meetings. Ample secured parking and Satelite TV 0721557367,0722511159

TOURS & TRAVEL

SITUATIONS VACANT

B243 Domestic/Casual Jobs

2H/girls wntd good sal+off 0721531412

H/Helps wntd best sal+off 0722554435

B250 General

0716500415 BCE driver t/boy recep Worldwide Mkting Gill Hse

165 Form 4 lvrs & above wanted in Tascan Mkting in Nairobi West. in sales promos, distrbn 7000 wkly free interviews & training 0714526654

170 Form 4 lvrs needed in Tascan Mkting co. in Ngara Graceland j4 for sales promos distbn 7000 wkly. free training & interviews No experience needed 0712857055, 0708615542

20 drivers wanted 0713322111

GREEN Card Lottery. Live, Work & Study in USA. Apply now at Kiwan Computer College Tel 0722-453607

P.TIME jobs 48k 0729140349

SALES jobs (field) 0715191987

WAITRESSES for nytclub & hotel in Murang'a Town 0718872312

YOUTH job avail 0706148192

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B277 Domestic/Casual Jobs

0722516342, 0721834778 trained h/g

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B403 Colleges

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B438 Teaching Aids

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MOTORS

HEAVY COMMERCIAL

B212 Tractors for Sale

TRACTOR KTCB 597L Massey Fergson Model 3075 HB 90 4VVD of 1994 UK Diesel 2.8m. Call 0721807546

MOTOR VEHICLES

B049 Car Hire

0700210756 noah nze 1k p/day

0702936871 premio wish 2k pd

0711691656NEW cars @ 2k

0724814321 new cars @ 2k pd

CAR hire 2k/24hr 0733208698

CARS wanted 50-150k 0722837352

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VICTOR car hire 0722379197

B070 Exhaust Pipes and Silencers

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B085 For Sale, Private

ADVANCE on ur car 0711-433404

HARRIER 2005 2.4L KBS Silver quick sale @1.6 Tel 0722332288

Isuzu FVR 13 BG1 1.35m 0722242247

M/BENZ 124 230E 390K 0722609482

MAZDA demio 2007 manual kbc 600k 0722670037

MERC Benz C180 1.85M 0702121212

NISSAN QD32 KBB 450K deposit acceptable 0722-526367

PAJERO 660cc man 0724168233

PRADO A/T 3L D4D f/loaded KBR excellent condition 2.6m neg Call 0725-048271

ROAD Construction grader 2002 Komatsu GD511 2 month old Import great condition. Rents for Kshs 5,500/HR sale Kshs 7.9M Call: 0726399094/0727797572

SUBARU Legacy B4 450k 0722526912

T/FIELDER 05' 610K slv 0732023551

T/Fielder KBB 02 v/c 480k 0737391081

T/FIELDER KBZ 07' 850K 0737720843

T/HARRIER clean '07 1.85M 0702121212

T/HILUX dcab/single 2M 0702121212

T/NZE KBF f/1 485k 0722609482

TOY 103 KAZ @440k 0722856080

TOYOTA Fielder 2006 1500cc KBX KES 900,000/= Call 0718403564

TOYOTA Townace KBT @780k excellent condition Tel 0720696924

TOY Rav4 BB 02 650k 0739674903

T Probox BL 410k 0735724605

T shark 02 bn/e/m 0719277977

X-TRAIL KBj f/1 690K 0722609482

B086 Lorries For Sale

SINOTRUK Tipper 7.6 prime movers 5.8 zero mileage 0723772918

SinoTruk Trailers 1.85m 0723772918

B113 Motor Vehicle Repairs

LANDROVERspecialist 0721289283

B148 Tyres, Spares and Accessories

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RESIDENTIAL & BUSINESS PROPERTIES

B740 Land, Plots for Sale

ISINYA 2ac 200m from tarmac,2ac 2KM from tarmac 0737777779

JUJA bhd hootin bay 0723750277

JUJA VI nxt c/brook 0770207950

KAHAWASUKARI plot 0711330727

KAMULU KBC 1/8 150k 0712741000

KIAMBU Rd plots/ hses 0721-539603

KIMA 10.8acre 4M 0727332555

KISAJU Plots Owner 0728-545542

KISERIAN chuna 1/4 opp picnic, title, 1.75m 0770-184786

KISUMU near Pinochio School .06 ha offers 900k 0733242500

KITENGELA 1/4A 0727466238

KIUKENDA 1acre 17M 0722808455

KONZA ICT 2ac 2.5M 0727332555

LONGONOT Town next to Railway Terminus residential 50x100 300k and commercial on tarmac road 40x80 500k. Tel. 0720408164, 0715726384

O.Rongai Tuala 50x100 with title 680K Ahmed Tel 0708262220

Kyumvi kiasa 1/2 acre 0721284122

RIRUTA Satellite 1/4 acre prime plot call 0718183342

RUAKA 1/2 & 1/4 15m 0705061407

RUNDA 1/2 acres /hses 0721-539603

SPRINGVALLEYRD 1/2ac: 0719112415

THIKA Rd plots/ houses 0721-539603

THOME 4br house call 0722275898

UTAWALA 40x80 0721284122

B768 Premises, Offices to Let

CHEAP Furn offices 0728692695

Offices Riara Rd: 17K-100K 0724744838

B782 Properties for Sale

AVENUE Park-2 Outering rd 4br bungalow with SQ 0722-513684

FIVE Storey building at Tassia Embakasi Nairobi 0722752639

KAYOLE Hse 4sale with title income 90kpm 9.5m negotiable 0726024998, 0720765719

PROPERTIES in Diani 0722891329

B789 Properties to Let

2BR Apt Kiambu twn 25k 0722374343

3br hse along Langata/Otiende road own 1/8acre comp opp Senior Driving School 0722-363836, 0722-285964

3BR Hse ensuit Lower Kabete near APPR School 25k 0722582309 owner

BURUBURU 1bedrm /2bd rms avl 0716024268, 0701623606

DANDORA Ph 4 s/rooms @ Kshs 1000 Tel: 0720392142,0716024268

DANDORA Ph 4 s/rooms @ Kshs 2000 Tel: 0720392142,0716024268

G.Course-I 3br 40k 0726-103009

KAREN Shops to let 20,000/= Call 0721-287392, 0724-640011

KAREN St. Christopher Exec 5br all ensuit maisonette SQ for 2 on 1/2acre 0722-717096 owner

KIAMUBI 2br 10k 0724674808

KOMAROCK 4br Phase-I Sec-2 Call 0722-831037, 0733-831037

LANGATA (NHC) 3br new flat kssh 35000/= 0722687396, 0721246164

LAVINGTON Amboseli Rd 2brms 30 & 35k 0727948196, 0202395490

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LAVINGTON Owashika rd, 5br luxury bungalow on 1acre compound, garden,2 SQ 0735126839/0729610237

MSA Rd ImaraDaima 3br 0722377853

REGEN 2br 16K 0711737094

South B, 2 and 3 bedroom apartments to let. Call owner (070) 769-2233.

UTAWALA 5bdr 50k 0726422094

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COAST (Telephone Coast Numbers Only)

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RESIDENTIAL & BUSINESS PROPERTIES

D557 Apartments available

E782 Properties for Sale

EXECUTIVE 4bedrm masionette for sale at Bamburi Kazandani contact 0722282293

SHANZU 3br villas 25m 0721739611

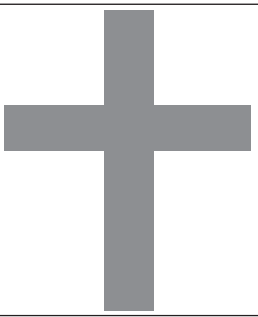
STORAGE & WAREHOUSING

E844 Clearing & Forwarding

TOURS & TRAVEL

Death and Funeral Announcement

It is with great sadness that we announce the death of Evans Avugwi Luseno which occurred on 29th September 2014. He leaves behind his loving wife Classy Muhongo and four children Rachael, Keya, Dorcas and Marlon. Son of Mr & Mrs Eliud Luseno. Son in-law of Mr and Mrs. Alphonse Andoyi. Brother of Betty, Eliza, Kavulani, Kanali and Leon. Nephew of Mr and Mrs Aggrey Luseno, Mr and Mrs. Wambwa, Col. Douglas Mudave, Peter Luseno, Harriet Luseno, Mr and Mrs Beeson Avugwi Dr and Mrs. Charles Luseno, Mr and Mrs Francis Musaziri, David Omeno among others. He was a loving uncle, cousin and friend of many. He will be laid to rest in his home in Sabatia, Vihiga county, Western Kenya on 4th October 2014.



Evans Avugwi Luseno

You fought a good fight, you finished the race.
Till we meet again, Rest in Peace.

20th Anniversary



Dr. Shabbir Ahmed

Daktari Wa Wananchi Ya Kisumu

Born: 10th May, 1927 - Died: 4th October, 1994

It is 20 years since you left us to be with ALLAH (SWT). You were a pillar of great compassion, hope, encouragement and inspiration to all who knew you. Your undying humility, wisdom, integrity, generosity and guidance will forever shine on each of us.

Fondly missed by your wife Zarina, children; Hon. Shakeel Shabbir (MP – Kisumu East), Aquil, Zamir, Tanvir & Farah, and 14 grandchildren and two great grandchildren.

Rest in peace “Daktari - Woud Kisumu”

10TH Anniversary



JOANINA REGERIA KARANI (Nee IKANDI)

Born on 10th January 1954 in Katheri Meru Central. She spent her early life in Kangeta and Laare where she started school at murungene. She then schooled at Charia. Mikinduri Girls, St Mary's Igoji and MTC, KNH.

She then worked at Wajir and Meru district hospitals before venturing into business at Makutano market, Meru and Raha leo at Mwembe Tayari Mombasa. She passed away on 4th October 2004 while undergoing dialysis at Pandya Hosipital Mombasa. She was buried on 9th October 2004.

The loving and caring mother who gave her all for her family is fondly remembered by family, relatives, friends and all those who associated with her.

2 Timothy 4:7

Celebration of the Life of Mum

We announce the demise of our Mother Janet which happened on 29th September 2014. She was the wife of the late Alexander M'Mariene of Kigane village, Kigane location, Imenti South District.

Mother of Allan Mariene, Jasper Mariene, Gerrishon Kiruja Mariene, Karani Mariene, Alice Nkirote Kamunde, John Mariene, Koome Mariene, Mugambi Mariene and Mutai Mariene. Sister of Salesio Gichuru, Kabere M'Mbijiwe, Samson Nteere, the late Lydia Ruguru, late Wanjia M'Mugambi, Ana Kirunya Dick, Mariamu Myungange, among others. Mother in-law of Teresa Mariene, Charity Karani Mariene, Charity John Mariene, Peninah Koome Mariene and Joan Mutai Mariene. She is survived by numerous grand children.



**Janet Mwitiabi
M'mariene**

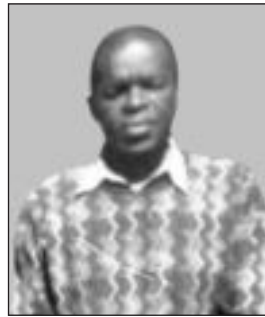
May God rest her Soul in Eternal peace.

Death and Funeral Announcement

It is with humble acceptance of God's will that we announce the passing on to Eternal glory of our beloved Nashon Keya Hezekiah of Kapsoeni village, Kiptuiya Location, Nandi County. Old boy of Technical High Sch. and Maseno High.

Son of Mzee Hezekiah Obondo and Esnasi Obondo. Loving husband of Late Mebo and Linet. Father of Oleni, Allan, Viona, Silvester, Mmboga and Junior Allan. Brother of Tom, Odira, Kennedy, Fanice (Evojo Pri.), Adema, Mary and Benjamin Mbaja (Canada). Nephew of Matata (Migori). Uncle of Iraya Olome (Chavakali). In-law of Olome, Amugune and Ngesa.

Burial will take place on Saturday 4/10/2014 at Kapkitany village, Kiptuiya location, Nandi County led by the Salvation Army Tuloi Corps.



**Nashon Keya
Hezekiah**
Sunrise 1957 - Sunset 2014

May his soul rest in peace.

Celebration Of A Life Well Lived

It's with humble acceptance of God's will that we announce the sudden death of Lucy Wanjiku Mungai which occurred on 30/09/2014.

Beloved wife of Dr. Francis Mungai Maina of the Nairobi Hospital. Daughter of James Kamau and Margaret Wambui Kamau of Kahuhu. Mother of Margaret Wambui, Elizabeth Njoki and Denis Maina. Sister of Njeri, Ngonyo, Ndungu, Mbaka, Gacheri, Shiku, Njogu, Njambi, the late Munyuku, Maiba and Njoroge. Daughter in-law of Elizabeth Njoki Maina and the late David Maina Mungai of Kikuyu Ondiri. Sister in-law of George, Gathoni. Wanjiku Mangere and Wanjiru. Auntie of many and grandmother of Karimi and Mungai.

Friends and relatives are meeting daily at their Ondiri Kikuyu residence for burial preparations. The cortege leaves PCEA Kikuyu Hospital Mortuary on 7th October 2014 at 10:00am followed by funeral service in Ondiri Kikuyu at 11.00am. Thereafter burial at their residence.



**Lucy Wanjiku
Mungai**

Mom you have fought a good fight, finished the race and you kept the faith.
Rest in peace

2nd Anniversary

Years pass by as fast as an ocean breeze, but your memory forever remains in our hearts and minds. Forever missed by your family and friends.

Memorial service to be held on Saturday, 13th December 2014 at our Rwanderi Home, Marima, Tharaka Nithi county.



**Nicholas Riungu
Mbui**

Death and Funeral Announcement

Its with humble acceptance of God's will that we announce the passing on of Rhoda Gatwiri of Great Destiny Kindergarten-Meru, on 30th September 2014 at KNH.

Daughter of Mr. Elias Kirimi (RBM) and Dinah Nyawira Ndumbi (Meru University). Sister of Randy Mugambi Kirimi of Kathigiri Boarding-Igoji. Granddaughter of Mr & Mrs Nahason Mugiira of Kirigara Village and Mr & Mrs Rua of Mitunguu & Beatrice Kareia. Cousin and Niece of many.

Cortege will leave Meru Funeral Home on 6th October 2014 at 9.00A.m for burial at Kirigara Village Meru Central District.

Family and friends are meeting at Wellington Hotel Kinoru-Meru and Kirigara Home.



Rhoda Gatwiri

In Loving Memory

We love you yvy time's a healer of all wounds, its's been exactly one year since you left us so abruptly. Fondly remembered by your love - grandma, Mummy, Auntie Aluoch, Auntie Jessica, Auntie baby, Auntie Jennifer, Auntie Rosemary, Auntie Miriam, Auntie Hellena, Auntie Miriam, Auntie Arosi, Uncle Calvin, cousins Other Uncles And Friends. last But Not Least Yours Truly Mwamzy, Phyphy, Deedee, Deye, Sam, Mindy, Paul, alphi, Hopi Hopi, Evelynne, Collo, Victor, Adalla & Margaret.....

Lets all celebrate yvy's precious life, one that was well lived. No tears, only joy.

She's with the Lord in glory.



**Yvonne Rochelle
Athieno Muia**
(09/07/1985- 02/10/2013)

Death and Funeral Announcement

With deep sorrow, we announce the death of Robert Wambu Njenga of Barnor Limited, which occurred on October 2, 2014 after a long illness bravely borne.

Son of the late Benson Njenga Ndindi & Lois Wangui Njenga. Brother of Lincoln & Joyce Maina, Patrick & Tara Ndindi and Andrew Mwangi. Nephew of Bernard & Fracia Mwangi, Walter & late Ruth Wambu, Samuel & Jennifer Njihia, Michael & Joyce Gakuru, Kenneth & Elizabeth Nding'uri, the late Jotham Muchugia & Purity Muchugia, John & Rose Mbugua, Grace Munge, late Peter Ng'arua, Nick Ng'arua and Ben Ng'arua, among others. Uncle of Diana Wangui Maina.

Prayer meetings are being held every evening from 6 pm at the family home in Ngei Estate, Phase II, Lang'ata, Hse No. 96 and at All Saints Cathedral on Monday (6/10/14) from 6:30 pm, Tuesday & Wednesday from 5:30 pm.

The cortege leaves Kenyatta University Mortuary, Thika Road, on Thursday, October 9, 2014, at 8:30 am for a graveside service at the family farm in Samar near Pioneer School, Maragua, Murang'a County.



**Robert Wambu
Njenga**

Robert, in the Lord's hands you rest, in our hearts you live forever. Amen.

2nd Anniversary

Two years today 4th October 2014 we remember you like you left us yesterday. Frequent conversations with your colleagues, friends and family are so soothing as they all talk about your integrity, love and care.

We continue to benefit from the strong family bond you created and a host of very sincere and loving friends you had.



**Hon. George
Odeny Ngure**

Affectionately remembered by your dear wife Pamela, your loving children Fidel, Ronnie, Apiyo and Adongo. Your son-in-law Sam Osamba and daughter-in law Tomika Ngure. Your grandchildren Patricia, Mia, Aketch, Atieno, Osamba, Okello, Odeny, Yama, and Achieng, Relatives and Friends.

Please join us for a memorial service today 4th October 2014, at ACK Christ Church, Church Road, Westlands, off Waiyaki way at 3pm.

We are grateful to God for His mercies

In Loving Memory of our Parents

Mama and Papa - He who dwells in the shelter of the most high, shall bide in the shadow of the Almighty and no evil will come near your tent-Psalm 91: Lost and alone, in our hearts indelibly printed and etched in memory's mind, touched deeply by your life, and not wanting to let go; Troubled frequently by the tears of your absence, and holding them as tiny reminders of your love; they never become tangible so we may keep them like treasures of your love and as part and parcel of what we once had,

Wanting to reach out and grasp again the hands that once fed and blessed us; revisited with your song " what will be left behind after you are gone; albeit bringing warm memories of your touch love and care. Walking away from our favorite homestead, as our hearts reminisce in your fervent prayers we leave a little of self behind each time we visit,

Our relationships on earth will never be the same again; they have been disturbed by death's insistence in our lives. Listening with our hearts and seeing your reply in the salted tears that continue to fall; your legacy of counsel, and doctrine of "love, peace, and unity continues as we remember and honor you with so much love, appreciation and deep admiration.

The Olembo family, relatives and friends



Rev. Habil Ariba Olembo
Died: 27/06/1974 &
Rev. Mama Josephine
Maina Olembo
(Kibayibayi)
Died: 05/10/2005

Jai Shree Krishna

Mr. Bhagwanji. T. Patel (Savani)

It is with deep regret that we announce the demise of Mr. Bhagwanji. T. Patel (Savani) of Printpak Ltd on the day of Dusherra - Friday 3rd October, 2014 - 6.15 am.

He was the beloved husband of Manjulaben Patel and Father of Neena, Preeti and Parag Savani.

He was Father-in-law to Dr. Mahendra Patel (USA) & Sejal Savani.

He was a loving grandfather of Saahil, Rushil, Aashnaa & Shaylaan.

The cremation will take place on Sunday 5th October, 2014, at the Nairobi Hindu Shamshan Bhumi at 2.00pm.

The cortege will leave the residence on statehouse road at 1.30pm.

Prathna Sabha will be at the Navnat-Vanik Bhavan on General Mathenge Drive on Sunday 5th October, 2014, at 7.30pm.

OM SHANTI, SHANTI, SHANTI

**I AM GETTING
READY TO GO
HOW AM I
DOING IT? I'M
LAYING ASIDE
EVERY
WEIGHT AND
SIN THAT DOES
SO EASILY
BESET ME AND
I'M GETTING
LIGHT FOR THE
FLIGHT.**

**WILLIE MAY
FORD SMITH**



SATURDAY NATION
Sport



FIRST BLOOD TO HAMILTON IN JAPANESE GRAND PRIX
Championship leader Lewis Hamilton stayed ahead of Mercedes teammate and rival Nico Rosberg in yesterday's practice for the Japanese Grand Prix but both saw their efforts overshadowed by Max Verstappen, who, at 17, became the youngest F1 driver ever, taking part in free practice at Suzuka.

HOCKEY | Varsity side will be without suspended internationals Iningu, Obura

Wazalendo face Strathmore exam



MARTIN MUKANGU | NATION
USIU-A's Rachel Wangui at a club training session at City Park Stadium. USIU-A will face fellow students MKU in a KHU women's league tie today.

WEEKEND FIXTURES	
Today	
Women: USIU A v MKU (2pm, City Park); Men: Kimathi v Daystar (4pm, City Park), Strathmore v Wazalendo (6pm, City Park), USIU A v Western Jaguars (4pm, Kakamega)	
Tomorrow	
Women: Sliders v JKUAT (9am, City Park); Men: Technical v NYS (11 am, City Park), Kenyatta v Karate (1pm, City Park), Parkroad Tigers v Parklands (3pm, City Park), Kenya Police v Parkroad (5pm, City Park)	

Group B top spot up for grabs, with both teams tied on nine points

BY BRIAN YONGA
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Strathmore University will take on Wazalendo today in a top of the table Kenya Hockey Union (KHU) league fixture. Nine matches will be played this weekend with champions

Kenya Police looking to move top of Pool A when they take on bottom placed Parkroad tomorrow at the City Park Stadium. However, it is today's Pool B clash between two-time champion Strathmore and Wazalendo that promises to be a cracker. Only the top two teams in the pool are assured a play-off spot. Strathmore and Wazalendo are all on nine points, although the latter have played four games, one less than the university side. Both teams have lost once this season to 2012 champions Nairobi Simba who are also in the same pool with nine points. Strathmore coach

Meshack Senge has described the encounter as a do-or-die for both teams adding that the winner of the clash will move closer to securing a play-off spot. The national team coach told *Saturday Nation Sport* his team will give their all and is optimistic his charges can come out on top. "It will be a difficult game, and we are upbeat that we can come out on top. We have a good record against Wazalendo and hopefully we can maintain it tomorrow (Saturday)," Senge said. The coach also revealed that he will make a late decision on the fitness of Ben Mawich,

Richard Orala, Ian Shama and Edgar Wekesa who suffered injuries in their last game against Bay Club. Senge will however be without international Allan Iningu and Seth Oburu who have been suspended indefinitely by the union for breaching rules. "It will be a blow as they are important players but we have a good squad that can cope in their absence", he added. Wazalendo player/coach Fidelis Kimanzi said they feared no team.

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KCB to open Floodlit title defence against Impala

BY AYUMBA AYODI
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Kenya Commercial Bank will launch their Impala Floodlit rugby title defense against hosts Impala Saracens on October 11 at the Impala Sports Club according to the draw released yesterday by the organisers. The bankers claimed their third Impala Floodlit title, dethroning Nondescripts 28-3 in a pulsating final last year. It's KCB, who had edged out Impala 18-6 in the semi-finals as Nondescripts stopped University of Nairobi's Mean Machine 30-0 in the other semi-final match.

The KCB versus Impala clash will highlight the quarter-finals of the weekend starting at 7.30pm as the tournament marks its 33rd anniversary. Nondies will start their title quest against Western Bulls at 2pm before paving way for the battle between Kenya Harlequin and Mwamba at 4pm. Then Homeboyz will invite Kenya Cup and Enterprise Cup champions Nakuru. Tournament director Willy Ombisi said this year's tournament will start at the quarter-finals stage and featuring the top eight Kenya Cup teams from last season. Previously the tournament

started at the pre-quarters stage and was open to any team that put in an application to participate on a first-come first served basis. 'Quality matters' "At times quality matters and that is what we want to achieve this year," said Ombisi after conducting the draw at the Impala Sports Club. KCB coach Curtis Olago welcomed the draw but warned his charges of a clinical and enterprising Impala side. Impala beat the bankers 18-0 during their Kenya Cup outing last season. The two teams met again

in the Enterprise Cup semis, with KCB winning 31-24 in extra time courtesy of former international Edwin Alubaka's converted try. "Impala are good and nimble hence it will be an exciting duel to watch" said Olago. Impala deputy coach Nick Abok said they won't be going for revenge but a good display. **Fixtures. October 11: Clubs** - Nondies v Western Bulls (2pm), Quins v Mwamba (4pm), Nakuru v Homeboyz (6pm), KCB v Impala (7.30pm). **Universities** - Blak Blad v Daystar, Mt Kenya v Catholic Monks, USIU v TUK, Mean Machine vs JKUAT

Busy weekend as Co-op Bank, KPA on parade

BY CAXTON APOLLO
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Defending men and women's basketball Premier League champions Co-operative Bank and Kenya Ports Authority will be in action, with 26 return-leg matches planned for Eldoret, Nakuru, Mombasa and Nairobi this weekend. Today, men's champions Co-op Bank will go flat-out to grab maximum four points when they entertain Blazers at Strathmore University out-door courts in Madaraka from noon. Tomorrow, Co-op Bank will take on Ben Oluoch-led Nairobi Aviation at Nyayo Stadium Gymnasium.

KPA host Eagle Wings Women's champions KPA will host Nairobi-based Eagle Wings at their KPA Makande Gymnasium backyard today at 2pm. Co-op Bank are second in the league standings with 37 points from 18 wins and one loss. Coach Carey Oketch is expected to parade Titus Musembi, Fredrick Odongo and Salim Ali. Blazers, who have lost all their 22 matches and fell 86-67 to Tigers last weekend, will be out to redeem themselves against the bankers. Nairobi Aviation have revived their hopes of reaching the play-offs and Oluoch and Franklin Delano have the ability to trouble Co-op Bank if left unchecked. KPA will be led by Vyonne Akinyi, Natalie Akinyi and Brenda Angeshi against experienced Eagle Wings

who will rely on Annerose Atieno, Everline Nora and Debora Obunga. KPA men will host University of Nairobi's Terrorists at their backyard today starting at 4pm as Nakuru Club entertain Mennonites at Menengai High School. In another match in the men's Premier League at Strathmore University, Ulinzi Warriors will tackle

26
Basketball Premier League matches planned for this weekend
Kenya Airports Authority while Blades will lock horns with Strathmore University from 4pm. Tomorrow, Blades will square it out again with a much-improved KAA while Ulinzi Warriors to conclude their tight schedule against Equity Bank.

WEEKEND FIXTURES: Today: At Upper Hill School: World Hope v KCA-U (9am), ANU v Umoja (10.30am), Oryx v Strathmore (12pm), Flames v Ulinzi Blades (2pm), Barclays Bank v Little Prince (2pm) Pirates v Nrb Aviation (4pm). **At Strathmore University:** Co-op Bank v Blazers (12pm), Ulinzi Warriors v KAA (2pm), Blades v Strathmore University (4pm). Mombasa: KPA v Eagle Wings (12pm), KPA v Terrorists (4pm). Nakuru: Nakuru Club v Mennonites (12pm). At Juja: JKUAT v Baraka Xtreme (10am). **Tomorrow:** **At Upper Hill:** Parklands Baptist v ANU (9am), Barclays Bank v KCA-U (10.30am), World Hope v Zetech College (12pm), Co-op Bank v Strathmore University (2pm), Ulinzi v Equity Bank (4pm). **At Nyayo:** Flames v Storms (9am), Co-op Bank v Nairobi Aviation (10.30am), Blades v KAA (12pm), Thunder v Lions (2pm), Strathmore v Tigers (4pm).

McCaw, Meyer crave victory as All Blacks, Boks clash

Global rugby gladiators South Africa and New Zealand come face to face in Johannesburg today with All Blacks skipper Richie McCaw and Springboks coach Heyneke Meyer craving victory. Flanker McCaw will overtake fellow legend Colin Meads by making a record 134th appearance for the All Blacks, all but one of them in Tests. And Meyer wants to halt a run of five consecutive Springbok losses against their greatest foes since he took charge two seasons ago. A sell-out 62,000 Ellis Park crowd will watch the top-

ranked New Zealanders and the second-ranked South Africa continue a rivalry that began 93 years ago in Dunedin with an All Blacks victory. In South America, Australia hope to end a troubled week by stretching a record winning streak against Argentina to 10 matches today in Mendoza. Since suffering a narrow loss in Buenos Aires 17 years ago, the Wallabies have achieved six home and three away victories over the Pumas. It is a successful run that will bring some cheer to Australia coach Ewen McKenzie. (AFP)

Nadal crashes in China Open quarters, Serena withdraws

Beijing

Rafael Nadal crashed out of the China Open yesterday, tiring at the end of a gruelling three-set quarter-final against qualifier Martin Klizan, while reigning women's champion Serena Williams withdrew injured.

In only his third outing since returning from three months on the sidelines, 14-times Grand Slam winner Nadal managed just two points in the last four games of a match that he lost 6-7 (7/9) 6-4, 6-3. The

world number three won the first set at the tie break, and was 4-3 ahead in the second before Slovakia's Klizan fought back and forced a decider.

The second seed then appeared to be edging through to the semi-finals after breaking serve in the third set to

make it 3-2 in his favour. But Klizan, who is ranked 56th by the ATP, then tore into Nadal, taking nine consecutive points in quick succession and the final four games as he closed in on victory.

Before Beijing, Nadal had not played competitively since he was dumped out at Wimbledon by 19-year-old Australian Nick Kyrgios.

He was then struck down in training by a right wrist injury which forced him to miss the US Open. The nine-time French Open

champion looked more composed during the previous two rounds in the Chinese capital, which he won in straight sets.

But the quarter-final loss was a grim awakening that it may be a while until he is back to his world-beating best. "It will not be easy after what happened," Nadal said. "Always when you are outside for a few months, as I said the other day, is not the same as if you are coming back the next season that everybody starts from zero. (AFP)

56
Age of Martin Klizan who beat Rafael Nadal in China Open

ATHLETICS | Olympics 800m champion Rudisha who won honour in 2010 not in shortlist

Kimetto, Birech for global award

Kenyan male runners in contention for 2014 World Athlete of the Year honours

BY AYUMBA AYODI
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New world marathon record holder Dennis Kimetto and the 2014 Diamond League Series 3,000m steeplechase winner Jairus Birech have been shortlisted for the 2014 World Athlete of the Year Award.

The two Kenyans are among 10 men and 10 women who were picked by an international panel of athletics experts which includes representatives from all six continental affiliates of the International Association of Athletics Federations (IAAF).

No Kenyan female athlete has made the shortlist. Kimetto's nomination comes less than a week after he set a new world marathon record when he won the Berlin Marathon in a time of 2hr,02min,57sec, slashing 26 seconds from Wilson Kipsang's (2:03:23) previous mark.

Course record

Kipsang set his record last year also at the same venue when he erased fellow countryman Patrick Makau's two-year 2:03:38 record.

Kimetto's rise started last year when he won the 2013 Tokyo Marathon in a new course record of 2:06:50 before winning the 2013 Chicago Marathon in a course-record time of 2:03:45.

Birech has also been phenomenal this season. Last month, the Commonwealth Games silver medallist posted a sixth consecutive victory in a world lead time of 7:58.41 in Brussels to secure the 2014 Diamond League series title. Birech, who bagged the African title in Marrakech, Morocco, also won in Rome, Lausanne, Monaco, Birmingham and Oslo where he set a world lead of 8:02.37 in Oslo.

Olympic 800m champion and



CHRIS OMOLLO | NATION

Marathon world record holder Dennis Kimetto with his son Alphas Kipruto on arrival from Berlin last week. He has been nominated for 2014 World Athlete of the Year Award.

world record holder David Rudisha won the prestigious award in 2010.

The voting for the 2014 World Athlete of the Year began yesterday involving the World Athletics Family, and will close on October 16 midnight.

At the conclusion of the voting process, three male and three female finalists will be selected and thereafter IAAF will select the male and female winners during the 2014 gala on November 21 in Monaco.

World Athlete of the Year Award Nominees

Men: Nigel Amos (Bot); Mutaz Essa Barshim (Qat); Jairus Kipchoge Birech (Ken); Bogdan Bondarenko (Ukr); Yohan Diniz (Fra); Justin Gatlin (Usa); Robert Harting (Ger); Dennis Kipruto Kimetto (Ken); Renaud Lavillenie (Fra); Lashawn Merritt (Usa) **Women:** Valerie Adams (Nzl); Genzebe Dibaba (Eth); Dawn Harper Nelson (Usa); Catherine Ibarguen (Col); Francena Mccorory (Usa); Sandra Perkovic (Cro); Dafne Schippers (Ned); Kaliese Spencer (Jam); Barbora Spotakova (Cze); Anita Wlodarczyk (Pol)

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Chebet, Sang win in Kebirigo Road Race

BY ELIAS MAKORI
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Kericho-based two-time World Cross Country Champion Emily Chebet beat former Rotterdam Marathon winner Philes Ongori and a stellar field to win the 12th Safaricom Kebirigo Road Race, with another Kericho runner, Henry Sang, taking the men's title.

It was always going to be a competitive race with the two defending champions from last year, Edwin Mokua and Caroline Nyakagwa out of this year's race.

The women's race was as exciting as the men's with Areba making a suicidal break at six kilometres that cost her dearly as Chebet, a bronze medallist in the 10,000 metres at the recent Commonwealth Games, summoned her experience to cruise past Areba on the home straight to the finish line in Kebirigo town.

"It is my third time on this course and I know it well," said Chebet after the race that was attended by Nyamira Senator Mong'are Okong'o, himself a former athletics manager. Chebet's winning time was 34 minutes, 22.48 seconds,

with Areba clocking 34:33.59. Sang timed 29:50.42 for victory in a race that was also supported by Menengai Oil.

For their victories, Sang (right) and Chebet got Sh50,000 and a cow each from title sponsors Safaricom.

Top finishers: Men: 1. Henry Sang 29:50.42, 2. Nicholas Kipkemboi 29:50.72, 3. Kennedy Koech 29:56.92, 4. Frederick Muranga 29:56.92, 5. Philip Koech 30:02.06, 6. Hilary Chirchir 30:08.21, 7. Isaac Kipkoech 30:10.72, 8. Norbert Kigen 30:15.82, 9. Geoffrey Bundi 30:22.13, 10. Kennedy Cheruiyot. **Women:** 1. Emily Chebet 34:22.48, 2. Damaris Areba 34:33.59, 3. Lucy Luoroga 34:47.59, 4. Teresia Omosa 35:10.67, 5. Hellen Cherono 35:16.48, 6. Marceline Ondieki 35:59.74, 7. Philes Ongori 36:02.55, 8. Zipporah Chebet 36:10.51, 9. Joyce Kimei 36:23.99, 10. Chepngeno Langat 36:31.54.



Kiplagat and Jeptoo to run in Chicago



BY AYUMBA AYODI
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Defending champion Rita Jeptoo will go head-to-head with compatriot World Half Marathon record holder Florence Kiplagat (**above**) at this year's Chicago Marathon tomorrow.

It will be a rich field, with Jemima Sumgong, also from Kenya, and newcomer Birhane Dibaba from Ethiopia in the mix. Red-hot Jeptoo could win this season's World Marathon Majors Series if she successfully defends the Chicago Marathon title. Victory will take her points tally to 100, making her the first athlete in the competition's history to score all points on offer.

A second place finish on the flat Chicago course would make her points total almost unbeatable with her average winning time currently faster than that of second-placed athlete in the rankings – two-time world champion Edna Kiplagat.

Eye on top spot

However, if Jeptoo fails to claim a top five finish, the title race would open up to include her namesake and compatriot Priscah Jeptoo, who won the 2013 World Marathon Major Series and is set to go up against fellow Kenyan Edna Kiplagat in New York.

There is a US\$1 million (Sh88 million) total prize purse up for grabs, the sum to be divided equally between the top male and top female finisher in the two-year series.

Rita Jeptoo has been on fire, winning her third Boston Marathon early in the year and becoming the first woman to defend that title since Catherine Ndereba in 2005. Her 2:18:57 winning time in Boston was a personal best and smashed the course record by almost 2 minutes.

Jeptoo, 33, ran her first career sub-2:20 in last year's edition, the fifth fastest time in Chicago Marathon history. With another big effort tomorrow, she could become the third woman in history to run three career sub-2:20s.

"There are many top athletes who will be eying the jackpot too. But my focus will be on winning in Chicago, the WMM jackpot can be a bonus," said Jeptoo. The tempo of the race could be fast, with Florence Kiplagat (2:19:44), Jemima Sumgong (2:20:48) and Dibaba (2:22:30) in the mix. However, it's left to be known whether the 11-year-old world record of 2:15:25 of Paula Radcliffe could be lowered.

After winning the Nairobi Diamond 10km run in Nairobi, Florence Kiplagat, winner of the 2011 and 2013 Berlin Marathon, said she is ready for her debut at Chicago but was reluctant to explore the possibilities of a world record tumbling down.

Kiplagat broke the half marathon world record by a significant margin at the Barcelona Half Marathon in February, running 1hr,05min,12sec to beat Mary Keitany's old mark by 38 seconds. Kiplagat finished in second place at the 2014 London Marathon in a time of 2:20:24, being narrowly defeated by compatriot Edna Kiplagat.

Soldiers Ulinzi regroup superbly to gun down Chemelil



BY CELLESTINE OLILO
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Visiting Ulinzi Stars kept alive their slim title hopes with a 2-1 come-back win over Chemelil Sugar away in Nyando.

The soldiers had fallen behind to a Willis Ouma's first half goal, but their spirited second half performance saw them generate two goals from John Makwata (left) and Mohammed Hassan, and victory.

The win sees the soldiers draw equal on points with Chemelil (41 points),

but displace them from the fourth spot because of a superior goal difference.

Chemelil had looked in control of the game for the better part of the first half. It took Ouma only 14 minutes to pounce on a loose ball and send it screaming past Ulinzi goalkeeper James Saruni.

Ulinzi responded by pressing aggressively for an equalizer, but that was not forthcoming in the first period as the home team held.

Ulinzi's tactician Robert Matano brought in the fresh legs of Boniface Onyango and Job Muhat immediately after the restart. His changes bore fruit

in the 64th minute when Muhati laid a neat pass to Makwata who sent the ball straight home to restore balance into the game.

With only nine minutes to go, an unmarked Hassan easily headed in a cross delivered by Kenya international Stephen Waruru.

Hassan, who was named Man of the Match, said that they plan to win all their remaining matches this season.

The soldiers will host Western Stima in their next encounter while Chemelil will travel to Nairobi for their return match against KCB.

TUSKER PREMIER LEAGUE | Time running out for bottom sides City Stars and Top Fry

High stakes for title contenders and strugglers

No error margin for title hopefuls Gor Mahia, Sofapaka, Tusker as league race enters crucial stage

BY CELLESTINE OLILO
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The first of five remaining Kenyan Premier League rounds goes down this weekend with all 16 teams in action.

The three title favorites - Gor Mahia, Sofapaka and Tusker - will all play away from home in matches whose outcome will have great implications on how the title race shapes up.

With a two-point lead at the top of the table, defending champions Gor Mahia will be up against City Stars at the Nyayo National Stadium this afternoon.

Against City Stars K'Ogalo will face a side that is desperately trying to stay afloat. At position 15 with 20 points, every point from this point onwards will count for the Kawangware side.

However, Gor Mahia captain Jerim Onyango says his team is determined to defend the league title.

"The entire team is working towards retaining the title. We plan to win all our remaining matches beginning with the tie against City Stars," Onyango told *Daily Nation Sport* yesterday.

Victory for Gor Mahia will greatly boost their efforts towards that goal,

while a loss will open a window of opportunity for the chasers.

Second-placed Sofapaka, who are breathing down Gor Mahia's, neck will relish the prospects piling pressure on the leaders when they visit Sony Sugar in Awendo tomorrow.

This will, however, be a tricky tie, given that the sugar millers are unforgiving in their home turf and have lost only once at that venue this season. Whereas Sofapaka will heavily depend on veteran goal poacher John Baraza, Sony coach Zedekiah Otieno says his side will fight for everything in the match.

"The boys are highly motivated and I believe we will get the better of our opponents," Otieno said yesterday.

Tuskers, even after going winless for five matches, are also still in contention and they will hope that the top two teams stumble as they tackle Mathare United at the Nyayo Stadium today.

Tomorrow, a revitalised Leopards will face Nakuru All Stars at Afraha Stadium, Nakuru with renewed strength following their stunning victory over Tusker in the GOTV Shield.

WEEKEND FIXTURES

Today: Mathare v Tusker (Nyayo, 2pm), Muhoroni v KRA (Muhoroni, pm), Stima v KCB (Kisumu-3pm), City Stars v Gor Mahia (Nyayo, 4:15pm)

Tomorrow: All Stars v Leopards (Afraha, 3pm), Sony v Sofapaka (Awendo, 3pm), Thika v Bandari (Thika, 3pm)



CHRIS OMOLLO | NATION

Sofapaka's John Baraza shields the ball from Aggrey Sasaka of Hot Springs during a previous GOTV Shield match at Ruaraka Sports Club. The title chasing Sofapaka will play against Sony Sugar in a KPL match tomorrow.

Messi: Neymar is future Ballon d'Or winner



Madrid

Four-time world player of the year Lionel Messi on Thursday hailed his "fabulous" Barcelona team-mate Neymar as a future Ballon d'Or winner.

A year after 22-year-old Neymar's arrival at Barcelona, the two South American stars are becoming increasingly at ease with each other on the pitch.

Their partnership has been one of the keys to La Liga leaders Barcelona's success so far this season with Neymar scoring four of his six goals from Messi passes.

Argentine Messi said his partnership with Neymar was becoming increasingly efficient as he hailed the Brazilian as "a great player".

"It's the second season that we're playing together and we're starting to know each other better," said Messi. "As well this season the (Barca) strikers play more in the middle of the pitch so we can pick each other out more and find con-

“

It's the second season that we're playing together and we're starting to know each other better...It's a pleasure to play with him ... We've a very good relationship, he's a fabulous boy"

Messi, Barcelona striker

nections. It's a pleasure to play with him ... We've a very good relationship, he's a fabulous boy."

Messi added that their partnership was helped by "the freedom" that coach Luis Enrique gives the Argentine on the pitch.

"The coach told me I could go where I wanted. Sometimes I move back a little to try to make the final pass and to create," explained Messi.

Messi won the Ballon d'Or title four times between 2009 and 2012, but lost his crown last year to Real Madrid's Portuguese star Cristiano Ronaldo. But he insisted that thoughts of reclaiming the title were far from his mind.

"I've repeated it several times, I'm not in competition with Cristiano. I play my game, I do my work and I'm not interested in rivalry with him or anyone else.

"Individual awards are those that matter least to me, I want to have a great year and make sure my team achieve their goals."

The Argentine added that he expected Neymar to win the title at some stage in the future. "He's going to get it, through his qualities, the way he is, I've no doubt that he can at some time win it," said 27-year-old Messi. (AFP)

Congolese club ordered to pay Gor Mahia's Walusimbi Sh1.8m

BY CELLESTINE OLILO
colilo@ke.nationmedia.com

A landmark ruling by world football governing body Fifa has ordered Congolese club Don Bosco FC to award Gor Mahia left back Godfrey Walusimbi Sh1.8 million (\$20,000).

According to Ugandan daily newspaper *New Vision*, the club has been ordered to pay the Ugandan international the amount with a 5% interest

per annum for failing to pay his salary between the months of April to August last year.

Don Bosco will also be expected to part with an extra Sh354,200 (\$4,000) in compensation for breaching the players' contract. The club has only one month to make these payments. The ruling sent to the national football bodies of Uganda and Congo read: "In the event that the amount due to the claimant in accordance with

the above mentioned are not paid by the respondent within the stated time limits, the present matter shall be submitted, upon request, to the Fifa Disciplinary Committee for considera-

Sh354,200

Additional amount that club will pay the player for breach of contract

tion and a formal decision."

Speaking on phone from Kampala Uganda, Cecafrica Media Liaison Officer Rodgers Mulindwa told *Daily Nation Sport* yesterday that the ruling should be serve as a warning to other clubs which have a tendency of violating players' rights.

"This should be a warning to other clubs who sign contracts and then turn their backs on the players after some time," Mulindwa said.



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2. 4.10.14	17:00	SUNDERLAND vs STOKE CITY	2.33	3.06	2.73	
3. 4.10.14	17:00	HULL CITY vs CRYSTAL PALACE	1.88	3.19	3.60	
4. 4.10.14	17:00	VALENCIA vs ATLETICO MADRID	2.65	3.08	2.37	
5. 4.10.14	18:00	CAEN vs MARSEILLE	3.27	3.11	2.01	
6. 5.10.14	14:00	MANCHESTER UTD vs EVERTON	1.67	3.48	4.25	
7. 5.10.14	16:05	TOTTENHAM vs SOUTHAMPTON	2.03	3.18	3.19	
8. 5.10.14	16:05	CHELSEA vs ARSENAL	1.57	3.50	5.03	
9. 5.10.14	18:00	LYON vs LILLE	2.13	2.96	3.16	
10. 5.10.14	18:00	CELTA VIGO vs VILLARREAL	2.32	3.03	2.75	
11. 5.10.14	18:15	WEST HAM vs QPR	1.81	3.27	3.79	
12. 5.10.14	19:00	JUVENTUS vs AS ROMA	1.81	3.22	3.79	
13. 5.10.14	21:45	FIorentina vs INTER	2.18	3.12	2.93	

MATCHES HIGHLIGHTS

"1" is HOME WIN "X" is DRAW "2" is AWAY TEAM WIN

The teams in the game are always listed in the order GAME ID, HOME TEAM and VISITING Team

Your team, your choice, your win!

		PREDICTIONS				
DATE	TIME	GAME ID	GAME	1	X	2
4.10.14	16:30	3126	WERDER BREMEN vs FREIBURG	2.15	3.26	2.98
4.10.14	16:30	4929	BORUSSIA D. vs HAMBURG	1.28	4.89	8.03
4.10.14	16:30	6128	BAYER L. vs PADERBORN	1.27	4.99	8.20
4.10.14	16:30	6246	HOFFENHEIM vs SCHALKE 04	2.26	3.29	2.77
4.10.14	16:30	7465	BAYERN M. vs HANNOVER	1.10	7.20	17.10
4.10.14	17:00	1926	SWANSEA vs NEWCASTLE	1.74	3.40	4.08
4.10.14	17:00	2554	LEICESTER vs BURNLEY	1.70	3.36	4.35
4.10.14	17:00	4068	HULL CITY vs CRYSTAL PALACE	1.88	3.21	3.67
4.10.14	17:00	4494	LIVERPOOL vs WEST BROMWICH	1.29	4.78	8.11
4.10.14	17:00	7762	VALENCIA vs ATLETICO MADRID	2.66	3.08	2.42
4.10.14	17:00	8613	SUNDERLAND vs STOKE CITY	2.33	3.04	2.82
4.10.14	18:00	6911	CAEN vs MARSEILLE	3.28	3.09	2.01
4.10.14	19:00	3427	RAYO VALLECANO vs BARCELONA	9.84	5.75	1.19
4.10.14	19:30	4988	ASTON VILLA vs MAN CITY	6.60	3.81	1.43
4.10.14	21:45	1033	AC MILAN vs CHIEVO	1.36	4.15	7.25

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TIME TO PROVE A POINT | Spain international lines up against his old team

4pm

Kick-off, Chelsea v Arsenal

Arsenal expect to be without injured midfielder Aaron Ramsey for around four weeks, manager Arsene Wenger confirmed yesterday. The Wales international sustained a hamstring injury during Arsenal's 1-1 draw with Tottenham Hotspur in the Premier League last Saturday and missed Wednesday's 4-1 defeat of Galatasaray in the Champions League.

Reports in the British media on Friday claimed that Ramsey could be out for up to two months, but Wenger said he thinks the 23-year-old will be able to return at the beginning of November.

Fabregas faces old club as

Blues midfielder will look to make Gunners pay for failure to re-sign him at the Stamford Bridge tomorrow

London

Cesc Fabregas will look to make Arsenal pay for their failure to re-sign him when he faces his old club in their match against Premier League leaders Chelsea at Stamford Bridge tomorrow.

Once the jewel in the crown of Arsene Wenger's squad, Spain midfielder Fabregas left the north London side to join boyhood club Barcelona in 2011.

But he was never quite so central a figure with the star-studded Catalan giants and Arsenal had the option to buy back their former captain in pre-season. However, with Arsenal's squad now featuring a clutch of midfield playmakers in Mesut Ozil, Santi Cazorla and Aaron Ramsey, to name but three, veteran French boss Wenger — who this week celebrated his 18th anniversary in charge of the Gunners — felt he could do without his one-time talisman.

Chelsea, by contrast, were happy to spend £27 million (\$46 million) to bring Fabregas back to London, with Blues manager Jose Mourinho boasting it took him just 20 minutes to seal the deal. So far Chelsea's investment has been rewarded with seven Fabregas 'assists', the latest in this week's 1-0 Champions League win at Sporting Lisbon, while Mourinho's men have won five and drawn one of their six Premier League matches to open up a six-point lead on the Gunners heading into this weekend's matches.

"Fabregas has made a huge impact. I know you kind of expect that from him but most of our chances come from him opening up defences," Chelsea captain John Terry said.

"Not a lot of people can see the passes he does let alone make it."

Meanwhile Fabregas brushed aside all talk of a conflict of loyalties. "I remind you that I played the Champions League final against Barcelona (with Arsenal) and I swear I would have done anything to win that game — and I have been a Barcelona fan since I was a kid," Fabregas said. (AFP)



PHOTO | FILE
Chelsea's Cesc Fabregas will face his former club Arsenal when the Gunners travel to Stamford Bridge in the Premiership tomorrow.

EPL FIXTURES

(Kick-off 5pm unless stated)
Today: Aston Villa v Manchester City (7.30pm), Hull v Crystal Palace, Leicester v Burnley, Liverpool v West Brom, Sunderland v Stoke, Swansea v Newcastle.
Tomorrow: Chelsea v Arsenal (4pm), Manchester United v Everton (2pm), Tottenham v Southampton (4pm), West Ham v QPR (6.15pm)

EUROPEAN FIXTURES

SPAIN	BUNDESLIGA	LIGUE ONE	LA LIGA
Today Verona v Cagliari (7pm), Milan v Chievo (9.45pm) Tomorrow Empoli v Palermo (1.30pm), Lazio v Sassuolo, Parma v Genoa, Sampdoria v Atalanta, Udinese v Cesena (all 4pm), Juventus v Roma (7pm), Fiorentina v Inter, Napoli v Torino (both 9.45pm)	Today Bayern Munich v Hanover 96, Borussia Dortmund v Hamburg, Bayer Leverkusen v Paderborn, Hoffenheim v Schalke 04, Werder Bremen v Freiburg, Eintracht Frankfurt v Cologne (all 7.30pm) Tomorrow VfL Wolfsburg v Augsburg, Borussia Moenchengladbach v Mainz 05 (all 8.30pm)	Today Caen v Marseille SC Bastia v Lorient, Evian v Metz, Nice v Montpellier, Rennes v Lens (6pm) Tomorrow Saint-Etienne v Toulouse (3pm), Guingamp v Nantes, Lyon v Lille (both 6pm), Paris Saint-Germain v Monaco (10pm)	Today Valencia v Atletico Madrid (5pm), Rayo Vallecano v Barcelona (7pm), Eibar v Levante (1800), Malaga v Granada (11pm), Almeria v Elche (11pm) Tomorrow Sevilla v Deportivo la Coruna (1pm), Celta Vigo v Villarreal (6pm), Espanyol v Real Sociedad (8pm), Real Madrid v Athletic Bilbao (12 midnight)



BIG BOOST | Wenger joy as Welbeck hits top form ahead of crunch fixture



Chelsea manager Jose Mourinho declared yesterday that his priority is to make the best use of top scorer Diego Costa, not protect the striker for the Spanish national team.

And he admitted that he fears the demands of playing two international games

in four days could have an unhelpful effect on Costa's current hamstring problems. Mourinho acknowledges that he will be taking a risk with Costa's fitness when he selects the striker to face Arsenal at Stamford Bridge this weekend. The Portuguese says Costa is still struggling with the

problem he sustained on international duty with Spain last month, when he was forced to return to his club after injuring himself against France. Costa has once again been called up by Spain for their Euro 2016 qualifying games with Slovakia on October 9 and Luxembourg on October 12.

Arsenal travel to Chelsea

Red-hot Welbeck rebukes Man United for playing him out of position ahead of showdown with Mourinho's men

London

Arsenal striker Danny Welbeck has aimed a barb at former employers Manchester United by suggesting they hampered his development by playing him out of position on the wing.

A succession of United managers — Alex Ferguson, David Moyes and Louis van Gaal — opted to use Welbeck as a wide forward, with Van Gaal explaining recently that he did not score enough goals.

But Welbeck has hit form since his £16 million (\$26.6 million, 20.2 million euros) switch to Arsenal and has now scored four goals in five games after his hat-trick against Galatasaray in the Champions League on Wednesday.

"Nobody can really criticise my finishing because they don't really see me playing in a forward position too often," Welbeck said yesterday.

"But now I am getting into these positions, I want to be sticking the ball in the back of the net. I am sure it's the same with every other striker.

23

Age of England and Arsenal striker Danny Welbeck

"Obviously people can say I have not scored enough goals, but you stick the best strikers on the wing in a four-man midfield and see if they score goals."

Welbeck's team-mate Aaron Ramsey likened the England striker to Arsenal great Thierry Henry following his hat-trick against Galatasaray, telling talkSPORT radio that one of his goals had been "very Thierry Henry-esque".

Similarly to Welbeck, Henry began his career as a winger before being converted into a prolific centre-forward, but Welbeck said comparisons with the



“

Nobody can really criticise my finishing because they don't really see me playing in a forward position too often. But now I am getting into these positions, I want to be sticking the ball in the back of the net”

Danny Welbeck, Arsenal striker

PHOTO | AFP

Arsenal striker Danny Welbeck celebrates his first goal in their UEFA Champions League, Group D match against Galatasaray at The Emirates on Wednesday. Arsenal won 4-1.

former France international were premature.

"You can't start making comparisons like that," said the 23-year-old. "Obviously Thierry Henry is someone I have looked up to ever since I started playing football."

Meanwhile, Arsenal expect to be without injured midfielder Aaron Ramsey for around four weeks, manager Arsene Wenger confirmed yesterday.

The Wales international sustained a hamstring injury during Arsenal's 1-1 draw with Tottenham Hotspur in the Premier League last Saturday and missed Wednesday's 4-1 defeat of Galatasaray in the Champions League.

Reports in the British media yesterday claimed that Ramsey could be out for up to two months, but Wenger said he thinks the 23-year-old will be able to return at the beginning of November. "I've been told he could be out for three to four weeks, so I count four," Wenger told a press conference. (AFP)

City out to close in on top spot at Aston Villa

Birmingham

Manchester City have the chance to put their Champions League concerns to one side and move within two points of Premier League leaders Chelsea when they travel to Aston Villa today.

After losing at Bayern Munich in their opening European tie this season and drawing 1-1 with Roma in midweek, City are facing an uphill task to qualify from their Champions League group.

The Premier League champions are also off the pace in the English top

flight, having won only three of their six matches so far this season and dropping points with a defeat by Stoke and draws with Arsenal and Chelsea.

City lead Villa by a point

City head to the Midlands just one point above Villa, who began the season impressively before sustaining back-to-back 3-0 defeats by Arsenal and Chelsea.

While City's results at Eastlands have been unconvincing, they have been far more impressive on their travels, collecting seven points from a possible nine.

A 3-2 loss at Villa Park this time last

season underlined City's defensive failings in the early part of the campaign as they took just one point from their first three away matches.

But midfielder James Milner, who joined City from Villa in 2010, thinks Manuel Pellegrini's team have shown they are well beyond those issues.

The England international, 28, also feels it is vital City keep pace at the top of the table heading into the international break. Chelsea face Arsenal tomorrow and City know that another defeat could see them trailing Jose Mourinho's team by eight points. (AFP)

Dortmund seek to bounce back in the Bundesliga



Dortmund's Pierre-Emerick Aubameyang controls the ball during the UEFA Champions League match against Anderlecht in Brussels on Tuesday.

Berlin

Borussia Dortmund are out to beat bogey side Hamburg today to break their three-match winless streak in the Bundesliga despite a flawless Champions League campaign.

Jurgen Klopp's Dortmund ran riot in a 3-0 win at Anderlecht on Wednesday as Adrian Ramos scored twice to leave them with a perfect six points from their two games after also beating Arsenal at home.

But defeats at Mainz and arch rivals Schalke, plus a 2-2 draw at home to VfB Stuttgart in their last three league matches have left Dortmund with just seven points and 12th in the table.

After only six games, Dortmund are already seven points behind league leaders Bayern Munich. "We'll try

“

We have to show in Germany that despite a few problems we are still able to win matches, starting with Saturday (today)

Jurgen Klopp, Borussia Dortmund coach

to show an improvement in the Bundesliga, we're getting there step by step, but there is still a bit of work to do," said Dortmund coach Klopp.

"We have to show in Germany that despite a few problems we are still able to win matches, starting with Saturday."

Hamburg are Borussia's bogey team having beaten Klopp's team convincingly on three of the last four occasions and nothing will be taken for granted despite the Hanseatic side being bottom of the table.

Veteran midfielder Sebastian Kehl is an injury concern for today with a bruised foot while captain and Germany defender Mats Hummels is expected to return to the starting line-up.

Hamburg are one of only three teams without a win this season and were hit with more bad news on Thursday when it was confirmed ex-coach Mirko Slomka has taken them to court for unfair dismissal after being sacked last month just three games into the new season. Hanover 96 travel to Bavaria looking for their first win in Munich since 2006 with their coach Tayfun Korkut having imposed a ban on his players visiting Munich's Oktoberfest beer festival which ends tomorrow. (AFP)

Bonucci wants Juve to restore order against Roma

Milan

Juventus defender Leonardo Bonucci has called for the champions to underline their status in Italy's Serie A after a European slip-up in midweek that has injected extra belief into Roma ahead of the sides' Serie A showdown tomorrow.

Roma were humbled 3-0 in the corresponding fixture last season but travel to Turin buoyed by a fine overall performance that earned them a creditable 1-1 draw at Manchester City in midweek. Rudi Garcia's men succumbed to a Sergio Aguero penalty in the opening five minutes of their Champions League clash.

But only three days after

his 38th birthday, captain Francesco Totti levelled for the visitors to succeed Ryan Giggs as the competition's oldest scorer as Roma earned a deserved share of the points two weeks after an impressive 5-1 drubbing of CSKA Moscow.

Roma president James Pallotta admitted confidence is high. "The result (on Sunday) will depend on a lot of things, but we now know we can face any team in the world," Pallotta told Radio Roma.

Juventus boasted 66 percent possession against Champions League Group A rivals Atletico Madrid on Wednesday but Massimiliano Allegri's men failed to get a shot on target in a frustrating 1-0 defeat away to the Spanish champions. (AFP)



HOCKEY
Wazalendo play Strathmore in women's league, with Group B top slot up for grabs B. P.51



SPORT INSIDE

KPL
ULINZI BEAT HOSTS CHEMELIL IN LEAGUE
The soldiers rally to take all three points, taking them to fourth in league. P. 53



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Chelsea vs Arsenal 4pm tomorrow, Stamford Bridge Stadium)

Chelsea, Arsenal clash in London

■ Fabregas faces his former team at Stamford Bridge ■ Red-hot Welbeck rebukes United over wing exile ■ Mourinho vows to make full use of talismanic Costa



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DUAL SIM

From the editor

Men have a new trick in their bags. You know the way we are given a checklist of signs that show a man is serious about you and top of the list is usually the fact that he includes you when he talks about his future plans? We're assured that when he talks about "we" then we can rest easy and wait for the proposal. Well, not so fast. Apparently, talking about "we" may not be such a clear sign, after all, as I have found out in recent weeks. I discovered this in an interesting way. Land and property are hot commodities in my circles right now, so every other weekend, my friends and I hop into a bus full of other prospective land buyers to go view plots in the hope that we will find one that is good value for money; one that will appreciate in months and that we can sell for a tidy sum. Now on these land viewing trips, there is always a lovey-dovey couple and at the site, the guy chooses a corner plot and starts to describe where the kitchen will be, and how they will have the best furnishings in town, and where their kids will play... This is all a trick, for the guy has no such intentions, as some men on the trip revealed to me. All he wants is for the woman to have an illusion of the future with him for his own short-term benefit. For all you know, this could be one of those moneyed confirmed bachelors looking to get into a 'situationship' and when he is done with you in a few months, he'll come up with an excuse for a breakup and chase after the next exciting woman.

Speaking of breakups, one of the worst things ever has to be breaking up with someone especially if you are not the one initiating it. Splits rank up there with... I can't even think of something as bad to compare an unexpected breakup with. Perhaps you've been in

We have been told that when he talks about "we" then we can rest easy and wait for the marriage proposal

one of those made-in-heaven relationships and all signs point to exchanging wedding vows at the altar; it is just a matter of time. But on the last day of one of those wonderful getaways that your boyfriend loves to take you on, he drops the bombshell: "We need to split up. It's not you, it's me... I'm not the right guy for you," he says lamely as you try to pick up your jaw from the floor. Everything has been going well, with just the usual ups and downs that characterise every relationship; nothing you can't work out. In fact, at that moment, you are willing to do anything to make it work, but your boyfriend, or rather immediate ex, is resolute. It cannot be fixed. If you're going to break up with me, you're going to have to come up with another line. Some excuses are just too lame, they are insulting. Women deserve better. But the usual lines are nothing compared to the ridiculous excuses that some men come up with. Do read some of the worst break-up excuses ever on our relationships page and share your own experiences with us.

Have a happy Saturday!

Felista Wangari
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inside



- p10 Mystery of the eternal bachelor
- p12 Hot bags for sophisticated women
- p15 The issue that just won't go away
- p18 Worst breakup excuses ever

Regulars	
Flakes	5
Lizzie's World	8
Woman of Passion	9
Heart Advice	11
Money	17
Leisure	21



EDITOR'S BAROMETER

Five spices for good health



■ **Mint leaves** - Good for indigestion and nausea. Use in teas



■ **Ginger** - Helps with digestion and nausea. Use freshly grated in tea, vegetables, stir-fries and meat



■ **Tumeric** - Reduces inflammation. Use in rice, soups, fish and vegetables

■ **Garlic** - Contains, allicin an anti-microbial compound. Use in meats and stews



■ **Rosemary** has antioxidants. Use in chicken, fish, soup and sauces.

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FEEDBACK

Click & stay in touch



Closet stalkers

Last weekend's *Mantalk* by Jackson Biko was timely and spot on. He disclosed various ways modern women use to stalk a man. It is better for a woman to be candid and state her intentions than for her to beat about the bush through Facebook pokes or storming his favourite pub. Stalking is undignified.

Stanley Kimutai Waitagei, via email ***

There is nothing as bad and irritating as being stalked. Thank God for True Caller because it helps us know the identity of mobile phone stalkers who call with unknown numbers. While Biko focused on female stalkers, men stalk us too. Sometimes a man can stalk you, but it is a crude way of showing interest in a person of the opposite sex. We should all avoid this bad habit.

Dorothy Wesonga, via email ***

Biko was right about the numerous messages. Anyone who keeps sending you many lovey-dovey messages even when you do not reply is definitely a stalker.

Lucy Sigei, via email ***

Why men cheat

The article on infidelity by Dr Joachim Osur was a true reflection of the current trend in most marriages. Many partners are having extra-marital affairs. What we fail to understand is that when we are dating, we keep our true colours to ourselves but the moment we take wedding vows at the altar, our true self emerges. When your partner is unable to comprehend your behaviour, he seeks emotional comfort from outside the marriage, hence the cheating. Let women not entirely blame men for this. Let them ask themselves if they are the reason for his cheating.

Macharia N. Calvin (Esq), Nakuru

Thanks for tackling the issue of how to handle a cheating spouse. The two ways recommended by Dr Osur for dealing with infidelity — forgive or divorce — are very straightforward. Attacking the other person does not help because they are not the problem; the person who is cheating is. The other person is sometimes innocent or even just a businesswoman (commercial sex worker) out to make some money. It is easy to know if your spouse is likely to cheat on you — if the two of you involve yourselves in romance before declaring that you are married. Also, I would advise women to try and deal with the issue on their own before calling in a group to help.

Robert Odembo, Ruiru ***

Good job!

I am an avid reader of the *Saturday Magazine* and I particularly love Lizzie's World. I am so hooked that I can hardly wait for Saturdays to find out what happens in Lizzie's life, especially now with Alex in the picture. I would love to meet the brains behind Lizzie's World; I would be so honoured to meet Liz Lundi. Please make my dream come true.

Peris, Langata, Nairobi ***

I dread weekday mornings, but my Saturdays are different. I get up early in the morning and have breakfast while reading the *Satmag*. Jackson Biko is as sly as they come, while Waceke Nduati Omanga makes more sense than four professors, but my favourite has to be Kate Getao's Flakes — it is absolutely creative. Thanks for the wonderful magazine.

Francis Karera, via email ***

Thank you for the great job in

bringing us our favourite pullout every Saturday. I never like to miss Kate Getao's Flakes and I often start reading the magazine there. However, I was disappointed to find the column missing last Saturday. What, pray, might have happened to my Flakes? All the same, keep up the good work!

Ken K, via email ***

Plan early for Christmas

Wacekes article on planning early for Christmas was an eye-opener. Many of us find ourselves in a financial quagmire after the festive season at the end of every year. In an effort to celebrate, we spend so much money, to the point of incurring debt that spills over to the new year, so we start the year on a sour note, and sabotage our financial resolutions. However, with proper planning, we can prevent all this. We need to think about the future before we squander all our money on Christmas celebrations.

Franklin Mukembu, Kajuki-Nithi ***

In the name of feminism

Feminism is not a new concept, but are women really the most discriminated category of people? My question notwithstanding, I am of the opinion that men should not poke their noses into women's affairs. For instance, I do not know why men like to control the way women dress (e.g. ban of mini-skirts in some countries.) Surely women should be at liberty to wear what they deem appropriate. The claims that mini-skirts are provocative are unfounded. Why should women be regarded as sex objects as if they have no other role to play in society? I believe education is key to empowering women to play an equal, if not superior, role to men. Women may not be as aggressive as men, but they should be accorded equal rights with men.

Alnashir D. Walji, Nairobi



Send your feedback to satmag@ke.nationmedia.com

INNER INSIGHT

Tap into your instincts to learn people's true intentions

It is common to ignore your instincts about people. This sixth sense that somehow warns you of impending problems is often dismissed with a shrug and a thought along the lines of, "There I go again, just me being overly sensitive." In many cases, that insight so casually overlooked ends up being true. Hone your sixth sense by becoming sensitive to body language and other little signs. Here are some typical situations:

1. When a person always gives you the once-over whenever you meet:

When a friend always looks at you from head to toe when you meet, it somehow feels as though you are under scrutiny. The first eye stop is your hair to check out your style, followed by your dress, handbag, shoes, and phone. This sort of person could be competing with you to find out how much you are spending. For instance, if your phone is outdated or simple, you may find her casting

puzzled glances at it. If this situation makes you uncomfortable, you should minimise your contact with this person.

2. When a man wants to see you only at night:

In the quest for love, women sometimes lose their sensibility by not thinking about a man's actions. Several danger signals along the way let you know that your supposed knight in shining amour could be a nightmare. For instance, a man who never ever wants to meet up with you in broad daylight is hiding something or wants only one thing. The same applies to a man who licks his lips constantly when talking to you. This implies that he is a nervous fellow who wants to get things over and done with quickly. Observe this man closely just to be sure.

3. You always foot the bills when out with friends:



If you always end up picking the tab after coffee or meals with your friends, it could be that they think you are more comfortable financially than they are. At other times, it may

be due to your past generosity being taken for granted. Do not lose friends over this simple issue; simply make it clear at the beginning that everyone pays for themselves or keep records on paying in turns.

4. Business deals which look good on paper:

The search for financial security is a journey often fraught with twists and turns. One common encounter experienced is that of people with fabulous proposals whereby you stand to make enormous profits. They often explain, using data, how you cannot go wrong. People who are fresh from the diaspora often face this. The proposer usually appoints himself/herself as the managing director, while you remain a silent investor. In many cases, you end up paying for everything. In any business venture, 50-50 cash-wise is the way to go.

— IRENE NJOROGUE-KRISTIAN (etiquette lecturer.)

FLAKES: KATE GETAO

In awe of motherhood



the headmaster, the school bully, or the hamburger stand attendant. She teaches herself to cook, read, write, knit, drive, hawk, kick-box, or whatever it takes to ensure the survival of her offspring.

On the whole, mothers are perfect, but all mothers have attractive little flaws that make them loveable. It is well known that a mother cannot open anything that is marked “child-proof” without the help of her child. The life of a mother is so complicated that she needs several lists and organisers to keep everything running smoothly. However, she never uses any of them! Mum has a feng shui-class belief in household order and simplicity, but she stashes away everything that her offspring produces, from the first milk tooth to his graduation cap. And no mother can get out of the house without first checking if the hot water and gas are switched off, the dog is neatly chained in the yard and his water basin full, there are sufficient tomatoes in the refrigerator, and junior has his lunch pack. This is why mothers are often criticised for keeping everyone, who has left the house blithely without a care in the world, waiting.

The most famous mother in Kenya is actually a mother-in-law. (I have always wondered why it is “in law”, but now that I work for the government, I have learned that when someone does not want to do

something, it requires a CAP to force them to do it.) Mama-in-law is, of course, the doting supporter of her sons while simultaneously being the ferocious bane of her daughters-in-law.

The abiding quality of all the African mothers that I meet (and most Asian and Italian ones too) is the desire to stuff the mouths of everyone they meet with food. I suppose years of using the stuffed-mouth strategy to nourish baby, pacify baby, shut baby up, put baby to sleep, etc, have proved its efficacy. So, mothers everywhere continue

Mothers everywhere use the same strategy to control the world — Keep them eating

to use exactly the same strategy to control the world and the people around them — keep them eating and keep them full!

After writing about mothers, please do not look for me this weekend; I am in hiding!

This Saturday, I write with fear and trepidation. It is dangerous to write about or even speak about mothers. In the age of new constitutions, devolved cash, and maternal defence, motherhood is sacrosanct.

Talking about money, given the huge investment in education, it is surprising that very little time is spent training mothers. In fact, as far as I know, there are only two topics on the formal curriculum for mothers: prenatal — how to breathe during labour and how to birth a baby — and postnatal — how to weigh a baby and how to comfort him after he has been injected. We, therefore, appreciate the quality of motherhood in Kenya.

We become mothers by default; the magic of motherhood starts when someone hands you a squalling, misshapen, damp, and wriggly bundle and you fall in love with it. A mother knows that she is almost entirely responsible for the survival of this tiny being. She has to feed it, nurture it, mould it, protect it, and discipline it until it becomes a model citizen. Since it is impossible to lead an emerging model citizen unless he believes that you are infallible, mothers have convinced the world that they have neither done, nor are they even capable of doing, the wicked things that other people do. This is why everyone is shocked when someone makes derogatory remarks about a mother. No matter what I see in the world around me I believe that there is at least one mother, my Mum, who can do no wrong.

And who can dispute the great talents of a mother? She can thrash you silly while being totally on your side. She can bandage a child while cooking a meal and talking on the phone. She can outface any foe on behalf of her pup — whether it is a charging elephant,



BY JOAN THATIAH

A mix of medicine and marketing

“I was up at 5am. I texted my boyfriend “good morning” before I got out of bed to brew a pot of coffee to get me ready to study for a marketing course that I am pursuing. I am a trained pharmacist and as a medical representative, I have been tasked with talking to doctors and pharmacists to give them confidence in my brand of drugs. Some days I deal with retail pharmacists and to convince these ones, I need to talk about the business side of it, which includes pricing and discounts.

Beauty routine

“I had breakfast at 6.30am and did my half-hour beauty routine

before I left the house for work. I make an effort to look good every day because my job entails going out to meet people and if I do not feel good about myself, I cannot win people over. I spent most of the morning seeing doctors because

I see them on appointment and that is best done early in the morning. I have learnt to be innovative because I have such a short time to convince someone with a lot of medical knowledge that my product is better than the competition's. Sometimes I meet consultants who know even more than I do, but I still have to come up with something to say.

“Then I spend the rest of the day seeing pharmacists and retail pharmacists throughout the Nairobi region. I have learnt to be patient and resilient because people mostly react to something that they do

not understand by shunning it. For instance, today I walked into a pharmacy in Ongata Rongai and as soon as the gentleman who was in charge realised that I was not there to buy, he practically threw me out. He was not even interested in the knowledge that I had come to give him for free; he only saw what I wanted him to buy from me.

Too many quacks

“What saddens me most at work is seeing quacks running pharmacies all around the city; people who lack the requisite skills are tasked with saving human lives. These are the ones that do not want to listen to me; they do not want to learn and they can be hostile. I have learnt to walk away with a smile on my face and my head high because at the end of the day, I am doing a job that I love. The good days are when I have struck a rapport with the doctors and get positive feedback. The best days are when I nail a huge order from a client who I know will come back. At the end of the day, it is business and I have targets.

“I wound up my day at 5pm, in time for my evening class. I was home by 8.30pm, showered, and then cooked as I watched the news. Later, I chatted with my boyfriend on the phone, then prepared some reports before turning in at 11am. As I drifted off, I was thinking about how blessed I am to get paid to do something that I am passionate about.”

Bilha Nduta is a medical representative with a multinational pharmaceutical company



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MAINFEATURE

Obsessed with weight loss

There is a silent weight loss revolution fuelled by support groups on social media, but are the members cheering themselves on to unhealthy weight?

Florence Bett finds out

Thirty-year-old Janet Chenchu admits that she has been obsessed with her weight on more than one occasion in the past 10 years. "The weight obsession started when I was 20 years old, as a third-year student at a local university," says the mother of two who now sells weight-loss accessories like home-exercise DVDs. "My family is genetically predisposed to be fat so growing up, I was always the chubby and fat girl amongst my friends."

And throughout her early adult years, the obsession with her weight was never too far from her mind. "Any photo I took between 2007 and 2010, I can tell you exactly how much I weighed and the regimen I was on at the time to lose that weight."

My weight determined my social life: it determined whether I would meet my friends or whether I made new friends. I remember telling myself I would not attend such and such an event if I had not lost, say, three kilos by then. I wanted to learn how to swim but I didn't because I wasn't confident about how my body looked in a swimsuit. My weight even determined my dating life."

Chenchu continues, "I tried so many unhealthy options to lose weight, most times with limited success: 90-day slimming pills; extreme dieting, where I would eat nothing all day except for black tea and peanuts. I combined that with rigorous exercise in the gym plus walking 10 kilometres to and from work, daily. It was crazy! The programme was so extreme that it lowered my immunity and I would fall sick often. Then I would have to eat to regain regular bodily function. And then I would be back to square one again."

Thus the cycle continued. Chenchu says she was a binge eater who sought comfort in food – disgusted with herself for not losing enough weight, she would eat, and the remedy to shed off the excess weight that came with eating was always an extreme measure, she says.

"I had my first child in 2010, when I was 26. All the weight I had been struggling to lose piled right back on. After delivering my son, I resumed my programme and was able to lose 18 kilos that year," she says. She had her second baby in 2012. But she was unable to lose the weight as she had with her first baby.

In early 2012, Chenchu stumbled upon a weight loss group on Facebook. All members were women, aged between 25 and 34 years. They shared tips and tricks on achieving their ideal weight – meal plans, exercise regimens and personal experiences. They also shared before-and-after photos from their weight loss journeys.

Looking through these photos, one cannot help but wonder if their losing weight has become an unhealthy obsession. An obsession that doesn't consider the good state of their health: The women are obsessed with the measures on the weighing scale – counting the kilos lost, the number of calories burned, the hours spent exercising

at home or in the gym, BMI and whatnot, which clothes have more room in the waist or thighs than before, what and other foods have been cut out of their diet plans, and in some extreme cases, the large sums of money poured into the regimens. It begs the question, also, whether the weight achieved in the after-photos is healthy or not.



Saturday Magazine spoke to two members of one of the social media weight loss groups to understand this obsession with weight. Thirty-four-year-old Christine Hito from Meru has been a member of the group since February 2013. She joined the group at 106 kg and has lost 20 kg to date. She now weighs 86, but she is not done with weight loss yet. Christine is now going on what she calls

The public perception and approval they seek from each other pushes them to achieve the desired weight and beyond

an 82-day weight loss challenge. "Between now and December, I want to have lost four kilos to weigh 76 kilos by Christmas. I have even joined another group to help me reach this goal. This group's focus is fitness. The accountability and support will be good for me," Christine admits that anyone from the outside looking in on the group will conclude the members are obsessed. But she is quick to add, "Women who have been through several weight loss programs with limited success will naturally become obsessed with their weight."

"It is those who have not matured in the journey who can easily become obsessed with their weight loss. It becomes the encompassing purpose in your life," Chenchu observes.

Jane Mwende, another member, agrees. The 30-year-old dentist used to be a stress eater with a huge appetite before she joined the group in December 2012. Her weight then was 70 kilos. "Thanks to the group, I am now at 53," says Mwende. Mwende doesn't support the idea that group members are obsessed with their weight, "The group is a support system. That's all." Yet at 53kilos, Mwende says that she is still not satisfied with her weight. "I feel that my stomach is not tight enough. I have seen photos of some women on the group with six packs and with super-flat stomachs. That's now what I want for myself." To achieve this,

Mwende says she has returned to the gym, exercising three to four times a week. She has also completely removed sugar, wheat, junk food, and fizzy drinks from her diet, all in a bid to get to the ideal weight of less than 50kg.

Group psychology and support

Researchers have long advocated for the group structure for people who have a shared goal. Groups act as a support network and a sounding board. Members of the group help each other with ideas for changing their current situation, and hold you accountable along the way, says the American Psychological Association. "You may imagine you are the only one struggling but you're not. It is a relief to know others are going through what you are, and that you are not alone."

Diversity is another important benefit of these groups. People have different personalities and backgrounds, and they look at situations in different ways. By seeing how other people tackle problems and make positive changes, members can discover a whole range of strategies for facing their own challenges."

Chenchu, Christine and Jane all share these sentiments. Christine adds, "Without the group I would not have lost the 20 kilos I did in one-year-and-a-half. Sharing photos of what I ate, what I looked like at what weight, and the exercising held me accountable to them. And hey, they cheered me on when I was making progress with losing weight. That felt really good."

Yet despite their strength, says Nduta Wambura, a certified nutritionist, group members need to understand that what works for one person will not necessarily work for everyone. Thus the importance of consulting independent experts: "Whenever one wants to lose or gain weight, she should consult a doctor,

registered nutritionist, and certified fitness coach to draft out a personalised weight management regimen. The doctor will assess the clinical facts surrounding your weight. The nutritionist then gives a personalised meal plan and dietary choices. The coach recommends the best exercise, based on the doctor's report.

Some people may require more cardio exercises than press ups or push ups. Others who would want to gain muscle need to lift weights more than they need cardio exercises and so forth. In short, different people, need different plans. Therefore beware before adopting what someone else tells you worked for them.

Duncan Kyalo, a fitness coach with Fit Kenya and Boot Camp, says that where such groups go wrong is in the kind of motivation they give each other. "There are strict timelines and abnormally small spaces of time to lose weight. The public perception and approval they seek from each other pushes them to achieve this desired weight – and beyond – without exercising or changing their lifestyle habits."

Too thin?

Much ink has been spilled on the trending weight-loss bandwagons that have hit the market. Nutritional experts have taken to the rooftops time and again broadcasting the dos and don'ts of weight loss programmes: We have been warned about what quick-fix weight-loss remedies to stay away from (slimming herbal teas, miracle water, laxatives, 'detox' programmes, aquatic ionic bath, body wrap/slimming suit), who we shouldn't rely on for weight-loss advice (a travelling salesman, non-registered practitioner, a friend who tried a programme that worked for her, and so-called experts on social media groups). You need take into account your medical history, blood group, daily activity levels, regular workday before embarking on a weight loss programme and strive for a total lifestyle change that is sustainable in the long run for healthy weight management.

But while most women have heeded this advice from the experts, there is still the obsessive handful who inadvertently drive themselves to eating disorders. "There are women who are obsessed about being thin. Such women may not eat at all, leading to a disorder called anorexia. Or they may force themselves to vomit after eating heavily, a disorder called bulimia. The problem is not common in Kenya but there could be women with either disorder who are suffering in silence," says Nduta, the nutritionist.

Excessive weight loss is of particular concern because it can ultimately lead to death.

Reversing it is a whole other concern. So how does one re-gain this weight in a healthy way?



Nduta Wambura - nutritionist.
Photo/ Jeff Angote

ARE YOU OBSESSED WITH YOUR WEIGHT?

The 'SCOFF' questionnaire used by doctors asks:

- Do you make yourself Sick because you're uncomfortably full?
- Do you worry that you've lost Control over how much you eat?
- Have you recently lost more than One stone (six kilograms) in three months?
- Do you believe you're Fat when others say you're thin?
- Would you say that Food dominates your life?

If you answer "yes" to two or more of these questions, you may be obsessed with your weight.

"Regaining weight is interestingly a great challenge," says Nduta. "Women with eating disorders need to first seek the counsel of a psychologist to change their state of mind that being thin is the most important aspect of life. After this, there are two things to consider – nutrients and calories."

"Begin with foods dense in nutrients as opposed to foods high in calories. Nutrient-dense foods are carbohydrates and vitamins," says Nduta. Next, consider the number of calories. Nduta continues, "You need to calculate how many calories you need based on your age, weight, height and activity levels. According to the Kenya National Clinical Nutrition and Dietetics Reference Manual, a sedentary adult needs 30 to 35 kilocalories per kilo. An active one needs 40 to 45."

Once you have these figures, choose foods which are calorie-dense. Calorie-dense foods are those rich in protein: Foods like chicken, legume, whole grain or fish.

"Once you have identified your nutrient- and calorie-dense foods eat five times a day.

And in those five times balance your carbohydrates, vitamins and proteins. Drinking your foods is also a solution so protein shakes come in handy," says Nduta.



GIRLTALK

LIZZIE'S WORLD
WITH LIZ LUNDI

New sheriff in town

Liz goes back to work
and meets her new
boss at the office

My drive back to Nairobi is uneventful. I don't hear anything from Alex when I wake up on Sunday morning to prepare myself for the trip, and I don't hear anything from him all through my journey back to Nairobi. But it's just as well because I am resolute in the knowledge that I shall have no more to do with him.

The rest of the day goes by quite slowly, and I take my time to unpack, sort out my clothes for laundry, read a good book and take an early night. Just before I get to bed I check my phone for activity; nothing from Alex, and nothing from the girls either. I can forgive the girls; Jo must be in recovery ahead of her honeymoon trip, and Mariam and Fatma really partied last night. I am sure they were still asleep as I left.

In any case, that is all history. I have work to go back to tomorrow after a short hiatus, and a new boss to get to know. This is going to be interesting.

I sleep like a baby and wake up on Monday morning, fresh and ready for the new week. It strikes me, as I am getting ready for work, that I am feeling as light as a feather.

I walk into the office with a bounce in my step, and settle down at my desk. Almost immediately, Louise clatters through my door, eager to know all the details of Jo's wedding. I tell her everything – up to and including my meeting Alex.

"Yes, he sounds like one of those player types," she nods when I am done telling her about how he stood me up. "You did well to forget about him."

"I know, right?" I smile. "And how is the new boss?" Louise is still on duty as the managing director's PA, and I am stuck with Ciku, with whom I have formed a peaceful, almost friendly working relationship since Chris left.

"She's, um... very business-like," Louise admits. This is the first time that the company has had a female in charge, and I have to admit being a

little wary. Not because of the fact that she is a woman, no, but because she is an outsider with whom none of us has interacted before. We have no idea what she is about, what moves her, what upsets her or what makes her happy. And learning curves aren't always great when you have regular weekly deadlines to meet. "You'll get to meet her soon, though, she's scheduled meetings with all heads of departments for this week, and you are up tomorrow."

"In that case I should prepare then," I nod briskly as I open my laptop. Louise gives me a reassuring smile and then goes back to her desk. The rest of the day passes quietly as I prepare my notes and get ready for my big reveal tomorrow. Once again, there is no sign of any contact from Alex, and the next day when I get up and get ready for work, he is all but gone from my mind.

At precisely 10:30am, I find myself in front of my new boss, Bertha, to explain the history of our marketing department. As she welcomes me and urges me to sit down at her desk, I take in her crisp, gray business skirt-suit, the hem ending just below the knees, heels moderately high and practical without losing on style.

Her shirt is buttoned up high, and nothing is too close to the skin. There is a distinct absence of wedding band – in fact, no jewellery other than a pair of gold studs in her ears. All in all, she projects serious business rather than upwardly mobile Nairobi fashionista. I glance down at my six-

inch heels and my pencil skirt and wonder if we will get along.

"So tell me all about your department, Liz," she smiles. Somehow, despite the corners of her mouth turning up, her smile does not reach her eyes. This, to me, means that there is no time or space for a social preamble and so I launch straight into it, taking her through the numbers and projects with the aid of some documents on my computer. When we are done, she gives me another cold smile, stands up from her chair and bids me a crisp, "Thank you, that will be all for now. I'll call you if I need anything else."

Well then.

"How was it?" Louise asks as I walk

This is the first time that the company has had a female in charge and I'm a bit wary

past her desk.

"Well, she's certainly very business-like," I say.

"Did she warm up to you?"

"I don't think so," I say. Back at my desk, I find a big bouquet of roses waiting for me. There's a card attached. I pick it up. 'Thank you for a lovely weekend. Alex'; it says. I guess I really am not rid of him like I thought I was.



ILLUSTRATION | JOSEPH NGARI

RESEARCH CENTRE
WITH JOAN THATIAHHow your man
affects your job

Forget an MBA and extra work hours, new research suggests that the person you marry is what determines how quickly you rise up the career ladder and ultimately, whether you become rich or poor. Psychologists from the University of Washington came to these findings after tracking the career progress of 4,544 married people between the ages of 19 and 83 over a five-year period. They looked into how a couple divided household duties and their levels of relationship satisfaction. The study participants then took a personality test using a 36-item questionnaire looking into traits such as openness, extraversion, agreeableness, neuroticism, and conscientiousness. Then they were asked about individual income, job promotions, and job promotion likelihood.

Interestingly, only one trait was found to predict spousal success — conscientiousness. People who possess this personality trait tend to be thoughtful and hardworking, follow the rules, are orderly and predictable, and are able to control their impulses.

The findings of the study published in *Psychological Science*, show that people with conscientious spouses tend to make more money and receive more promotions and are generally more satisfied at work. Even if this spouse was not employed, as long as they possessed these qualities, their partner's careers got a boost. Your partner's personality influences many daily factors that sum up and accumulate across time, ultimately affecting the direction your career takes.

The psychology behind it

Study author Joshua Jackson, a psychology professor, explains that this could be because when one has a reliable and organised spouse, you are likely to have less pressure at home. The conscientious spouse is more likely to help with day-to-day tasks, giving the other partner more time to focus on work. In a nutshell, they create conditions that allow the other spouse to work effectively. Secondly, spouses may begin emulating some of their conscientious partners' traits such as diligence and reliability and bring this to the workplace automatically, giving their careers a boost.

Also, having a reliable partner means that you have a happy relationship and these emotional benefits may spill over, resulting in more satisfaction at work.

Send your feedback to satmag@ke.nationmedia.com

GIRLTALK

WOMAN OF PASSION

WITH JOAN THATIAH

Dressing high-end clients

Grace Njeri Wambui quit her sales job to go back to school, but she ended up stumbling on a business opportunity she couldn't resist. She now runs Modest Men's Wear in Nairobi

Grace Njeri took herself through college by doing odd jobs ranging from waiting tables to door-to-door salesmanship.

Having lost her mother, the family's only breadwinner, and with three younger siblings looking up to her, no job was too menial for her. Eventually, she graduated with a diploma in IT, sales and digital marketing. Soon afterwards, she got a sales and marketing job at a boutique.

"It was good; it paid the bills and helped me look after my siblings. I figured I could work here for a couple of years, enrol for further studies, and then look for a bigger job," she recalls her initial plan.

Just as she had planned, after six years, at the end of 2009, she quit her job so that she could go back to school. But she began seeing cracks in her plan just a few weeks later when the bills began piling up, yet she had no incoming cash. Her siblings, who were living with her at the time, were worried. She began thinking that maybe leaving her job was a mistake.

Idea is born

"Then, one morning, a customer who wasn't aware that I had left the job, called me to make an order for five suits he needed for his relatives for an event. Thinking fast, I took the orders and hurriedly called a friend to get the clothes from her shop on credit," she recalls the moment she saw a business opportunity.

Seeing how easily she had made some money, she went back home, dug up her client database, and began making calls. Soon she was getting a constant flow of orders, and getting clothes and accessories from other shops to sell at a profit.

"While my client base was growing steadily, some of them opted to pay at the end of the month, meaning that while I was still making sales, I didn't have a steady income. I needed to do something else on the side to beef up my earnings," she says.

Grace had heard the shop owners she got clothes from complain about the people who supplied them with breakfast, so she jumped at the opportunity and began supplying tea and snacks. She would do this early in the morning before making clothing deliveries for the rest of the day. Once more, she had a steady income and basked in the glow of making a profit without having to pay rent for a shop.

"Then, at the end of 2011, I could no longer ignore complaints by clients that if

they couldn't get me on the phone, they didn't know where to find me. I needed to set up a shop."

The savings she had put aside were not enough, so she went to her bank for a loan and opened a shop in town. For the first four months, she would send a friend who was also in the clothing business for stock abroad as she made arrangements to travel.

"I was lucky to have someone to hold my hand on my maiden business trip to Turkey. When I got to the shopping itself, I made the mistake of buying for myself rather than for my customers. I bought only the clothes and accessories that I liked, forgetting that my customers' tastes were as varied as the customers themselves," she recalls.

Important lesson

Because of this, that first batch of stock moved slowly, but Grace learnt her first important lesson in business. Also, there was the shock of the huge responsibility of having to pay monthly rent for her shop. Business did not pick up immediately and in the first year, there were months that she barely met the rent deadline.

It has been two-and-a-half years now and her boutique, Modesty Men's Wear, now has a big database of regular clients. She targets mainly high-end customers. Women are known to be impulse shoppers and for someone looking in from the outside, they may seem like the ideal target customers for a clothing business, but Grace says she purposely set out to sell men's wear.

"Men may not buy on impulse as such, but they are easier to deal with since most of them know exactly what they are looking for. They are also easier to please. All I need to do is be keen not to compromise on quality," she explains.

Looking back, she can say that she has grown in business. Unlike employment, where the salary is fixed, Grace delights in the fact that when she invests time or money in her business, the returns are tangible and almost always guaranteed.



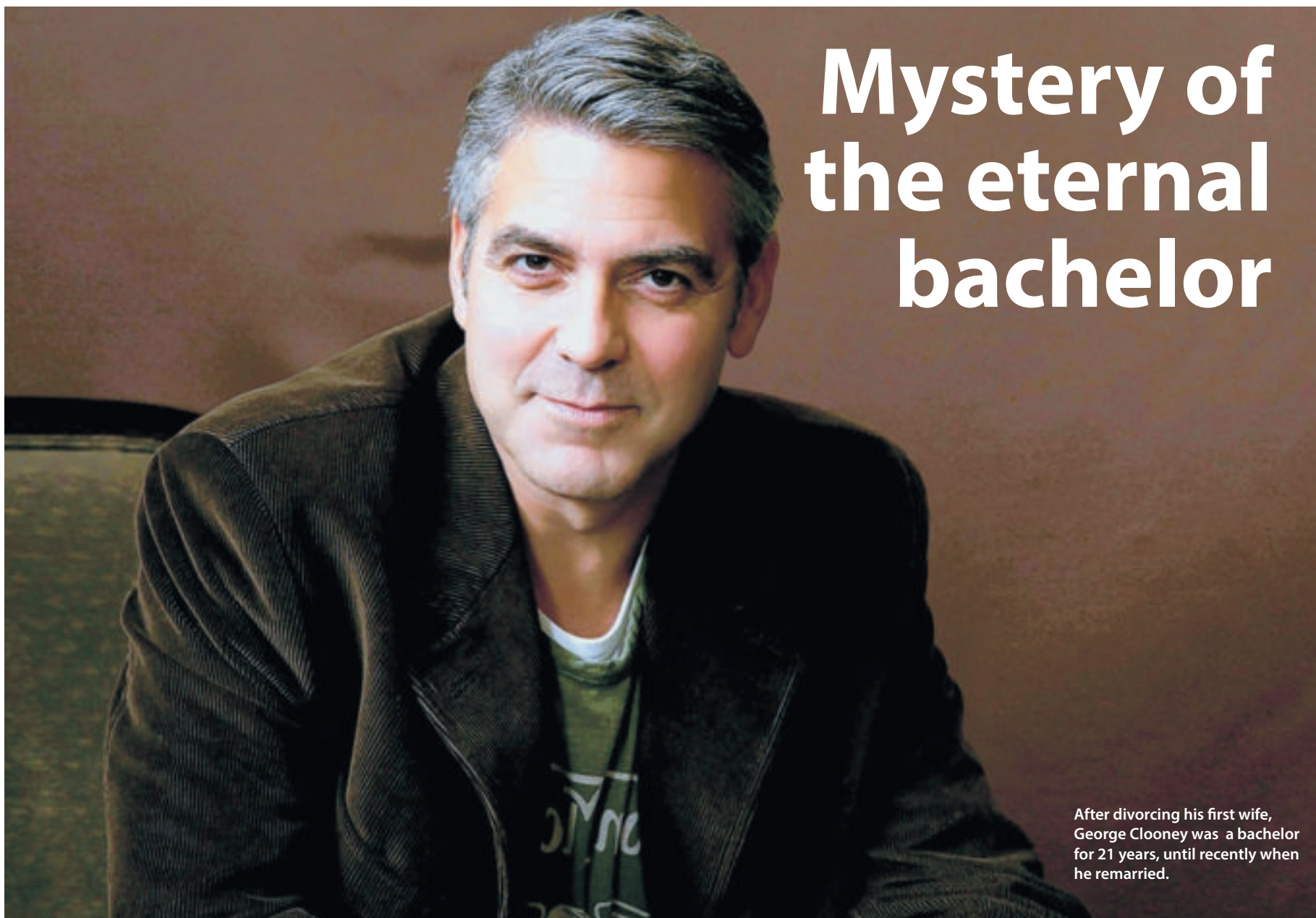
PHOTO | CHARLES KAMAU

HOW SHE DID IT:

- She let herself make mistakes and this turned out to be a significant part of her learning process.
- She identified her former boss as a mentor to look up to as she transitioned from employee to employer.
- She refused to become comfortable in the security blanket and steady salary that her job provided.
- She learnt to be disciplined with money, a virtue that is vital in keeping a business afloat.

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MALEPERSPECTIVE

MANTALK
WITH JACKSON BIKOMystery of
the eternal
bachelor

After divorcing his first wife, George Clooney was a bachelor for 21 years, until recently when he remarried.

Confirmed bachelors play games with women, giving them hope while deceptively setting them up for the ultimate fall, but they will eventually meet their match

George Clooney finally decided to marry. I cannot think of a bigger cliché. After carrying the biggest banner of bachelorhood, bearing the greatest metaphor of independence and success and everything in between, he finally succumbed just when we were all thinking that there is actually a soul out there that can stay committed to the cause of bachelorhood. The vintage Clooney finally sold out to the other species! If Clooney finally got hitched then everybody will eventually get married.

Being an eligible bachelor is overrated. It is not as grand as it seems. I know one. (Don't we all?) He is 46 years old. Never married, never dated for more than a year, straight as an arrow. He is successful because he works weird hours and knows which ass to kiss. You might fault him for many things but not for being a hard worker. Because he runs his own little business — in logistics — he is obsessive about it. And he puts nothing before it: not a woman, not even himself.

Single guy's lair

He lives in a house with a garage and a study. His balcony overlooks a small stream but when he describes it he says his house overlooks a "river", especially if a woman is listening. It is a sexy house as far as houses go; a mix between the retro, minimalist, and artsy. Because he has to show the women that he believes in something, that he is passionate about something bigger than modern decadency, he collects numerous expensive paintings from

different parts of Africa, countries he frequently travels to for work. There is a particular unique one that hangs on the wall that leads out to the balcony which he calls a "deal maker" because it unfailingly manages to reel in even the most difficult of women. It is of this little Congolese girl bent over a three-stone *jiko* blowing the fire.

You should hear him explain the context of that painting, tears almost welling up in his eyes. It is the phoniest thing you will ever see, but the tragedy is that women always buy it. He does not even like children, or three-stone *jikos*. His house smells of opulence and independence. It is his lair where he slays the naïve and conquers the cynics. He drives a German car, bought off a relocating expat for a pittance. He loves clothes. He keeps fit: plays squash weekdays and rides his bike on weekends. He will do a marathon a year but only because I am sure it sounds good to drop it in a whisky conversation with his cigar-smoking friends. He is not on social media — too unproductive for him, too "toxic". He also does not own a TV because he only retains things that — and wait for this — "stimulate him cerebrally."

Untamable charmer

Women love him. They love this charade to death. But I suspect that women do not really love him, they love the worn novelty that he embodies. He is like a flame, and I have seen many moths get burnt at his feet because they approached him first with intrigue then as an agenda. And they all failed.

Most women he meets are always obsessed

with trying to unlock the question of his bachelorhood. They feel equipped to unlock this puzzle because he deceptively offers them "incentives" to make them feel as if they are the chosen ones who will finally get him off this path. He drops clues as if it is a treasure hunt. So they come into his life and try to be "useful" and "unique" and he feeds them this sob story about how he keeps meeting the wrong girls who just do not "understand" him, those who want to "change him."

House of cards

He builds this house of cards so high that he starts believing in it too. Every woman who gets into his life intentionally internalises his need for independence while secretly believing that she will be the one to bring down this house of cards. He uses a carrot and stick method, feeding these poor souls a little hope, while deceptively setting them up for the ultimate fall. It is the dance of death that he wins eventually. It is quite artistic, this morbid game of emotions.

Before writing this I asked him if it was OK if I wrote it. He said it did not matter either way because no matter the information a woman knows about a man, if she likes him she will easily disregard those truths. "In fact, your article might just help me," he said. He says he will never commit and marry because he is not "built" for it. But like Clooney, his Waterloo is coming. Eventually he will find that one whom he does not want to let go of; the one who sees right through the hogwash of that painting by his balcony.



HEARTADVICE

WITH RELATIONSHIP COUNSELLOR MAURICE MATHEKA

BODY&SOUL

My sister-in-law runs my marriage

This week we advise a man who is worried about the hold his sister-in-law has over his wife

EXPERT ADVICE

Maurice Matheka, a relationship counsellor answers:

Your predicament is unfortunate. Your wife is acting like a child

who cannot make her own choices rather than playing her role as a supportive wife. To be honest, in situations like yours I can only advise you to stop being stressed about this because you have no control over your wife

or anyone else. If a person wants to be with you, they will show it and will never allow a third party, whether a relative or a stranger, to influence their judgement. It is better to have a spouse who wants to be at home rather than

a spouse who has to be forced to be there. Your wife should open up and tell you exactly why she behaves the way she does. For now, let your priority be your daughter's welfare.

I have been married for the past three years. My wife and I have a six-month-old daughter. The problem is that my older sister-in-law seems to have great control over my wife. Whenever my wife and I lock horns on even the smallest of issues, my sister-in-law encourages my wife to pack her stuff and move to her house for weeks, never mind that my sister-in-law is married and has four children. I spoke to her about my dissatisfaction with her interference in our marriage, but she arrogantly told me that she has a right to be with her sister. My wife does not see anything wrong with the way her sister controls our relationship. Sometimes she moves in with her sister for a whole month before agreeing to mend fences with me. Even when we have no issues, my sister-in-law calls my wife asking her to pay them a visit and my wife ends up overstaying her welcome for weeks. I am confused and I do not know how to deal with this situation. Please advise.

READERS' ADVICE

Your wife and her sister must understand that marriage is a union between two people and nobody else. Moreover, no marriage is devoid of problems, but understanding, trust, and communication make a relationship appear perfect. Your sister-in-law is a bully who must be cut down to size. She has her own marriage to attend to instead of meddling in yours. Your wife must also grow up and realise that she is married and therefore has issues of her own to deal with. If your sister-in-law carries on with her arrogance, seek the intervention of your parents-in-law. They need to know what is going on before the

situation worsens. You also need to find out why your wife is easily manipulated by her sister.

John Musuku

You need to have a serious talk with your wife. She got married to you and not her sister. Let her understand that it is wrong to involve a third party in your marital affairs. Why doesn't her sister come to your house when she has marital issues, yet all marriages have issues? Let your wife understand that she needs to change because her behaviour will eventually lead to the disintegration of your marriage. If she persists, seek professional counselling.

Macharia N. Calvin

Your sister-in-law needs to respect your marriage and concentrate on hers because a successful marriage is between two people — husband and wife. It is your duty as the husband to spearhead a candid talk with your wife and her sister. You need to let them

know and understand how it hurts you seeing your wife at her sister's house, for weeks, whenever you disagree. Your wife finds comfort at her sister's house, but if both you and her sister agree on ending her prolonged visits, your wife will have no option but to find comfort in her own home. **Juma Felix**

Sit down with your wife and talk to her without rushing to conclusions. You cannot separate someone from his or her family members, but you need to make your wife realise that she has to make a stand on your relationship and family (you and the child). Sit with her and make her come to her senses. **Francis Kamotho**

Your wife is idle and that is why she is easily swayed. Engage her in a lot of income-generating activities that keep her occupied. **Mwami Atsiash**

This is a simple issue but it has the potential to blow out of proportion. Get a neutral mediator (not her sister), a person whom your wife respects to help you work out this issue. **Min Sonia**

Ask your wife to make a decision about who she wants to live with, either you or her sister. I believe her sister would not live with her for more than a month before she tires of hosting her. **Obatchy Obatchy**

NEXT WEEK'S DILEMMA:

I am a 22-year-old man. When I was in Standard Eight I impregnated a girl; it happened again with another girl in Form Three, so I have two children; a boy and a girl. I love my children and I support their mothers in raising them, but I am in love with another girl, whom I respect a lot. I told her everything about my past and she is okay with it. The problem is that the mothers of my children do not want to let go of me. Could it be that they think I am in love with them just because I give them child support? Should I withdraw the support? I am ready to establish a family with the woman I love but she insists that I must settle the issue with the mothers of my children before she makes up her mind. I do not want to let go of this girl or hurt her. I love her too deeply to break the promises I made to her. Please help me.



Send your questions and feedback to satmag@ke.nationmedia.com



DEAR AUNT TRUPHENA

PROFESSIONAL ADVICE FOR YOUR LIFE PROBLEMS

My boyfriend changed when he learnt I was pregnant

Q My boyfriend and I have dated for the past two years. I am now four months pregnant, but when I broke the news to him he began to change.

He often says that he cannot meet me because he is busy, among many other excuses. The last time we met he suggested that I terminate the pregnancy, saying that we are not ready for a baby. He also told me that we should break up because he cannot deal with an unplanned pregnancy. All this left me shocked. I fear becoming a single mother. At the same time, I do not want to abort my baby. I am stressed and I feel stuck. Please help!

I can sense your frustration and I empathise with you, but it is clear that the relationship you had with your boyfriend is over. The first sign was when he suggested that you should have an abortion and the second was when he expressly told you that he wanted a breakup. You need to accept this and agree with your boyfriend on ending the relationship. I know it is not an easy thing to do, but admitting that the relationship is over and letting go will do you and the baby

a lot of good. Remember that your boyfriend seems firm with his decision, which means that staying stuck in a state of denial will only make the situation worse for you.

Expired relationship

While your boyfriend claims that the unplanned pregnancy is the reason for his desire for a breakup, the hard truth is that the relationship would have expired at one time or another. After all, if it was true love it would have withstood all tests, including an

unplanned pregnancy. That said, what is important now is for you to embrace the fact that you are pregnant, resist all temptation to procure an abortion, and find a way to move on. One thing that can help you cope with a breakup during pregnancy is connecting with trusted friends and family members who will offer you the support you need at this time. Also, remember that being a single mother is not unusual. Others

have gone before you and done it successfully, so take heart. Look for a way to support yourself and the baby financially, work on restoring your self-esteem, and believe that you are an amazing woman who will triumph over these circumstances. This way, you will improve your emotional health and general happiness. You may also seek additional support and guidance from a counsellor. I wish you the best.

Send your feedback to satmag@ke.nationmedia.com

**EXPERT
STYLE TIPS**

Bring your greys to life



Photo | Duncan Willets
Model | Norma Chege

Grey is the hottest neutral colour now, but most people find it dull and boring. However, it is one of those colours that look effortlessly stylish and tasteful while still remaining understated. Here is how to rock it:

- Pick pieces in modern contemporary cuts that bring out the best of grey. Classic feminine cuts work great. Stay away from boring basic cuts.
- For a classic, sophisticated look, play safe by pairing grey with black or white. Play around with different shades of grey on grey and combine a lot of different textures to create an interesting look. These are great for professional formal looks.
- Grey pretty much works with any colour. However, be sure to pair a particular tone of grey with a colour that compliments it well. Generally, jewel tones and pastel shades work well with grey and give the impression of a balanced outfit with perfect contrast.
- Use accessories to add colour and texture to grey. Accessories in jewel tones, neon and bright bold zesty colours will make a grey outfit pop, but keep it tasteful to avoid looking over the top.
- For a night out, add some glitz by picking grey pieces with hints of metallic shades or sequins or simply wear luxurious fabrics such as satin or silk in grey.

STOCKISTS

Backyard Shoez, Kilimani, Nairobi, tel: 0724 996 818 / 0725 803 012
 Clothing Garage, Kilimani, Nairobi, tel: 0722 274 417
 Eunique Collection, Adams Arcade, Ground floor next to Java, Nairobi, tel: 0722 982 111. www.fashionkenya.com
 Jade Collection, Tom Mboya St, opp. Fire Station, Nairobi, tel: (020) 235 0296/ (020) 2337 7845 / 0724 524 718
 Kaché, The Junction, Nairobi, kacheltd@yahoo.com
 Maggy's Collection, Market Stall, next to Jamia Mosque, Kigali Rd, Stall No.C6 / Majengo, Malindi, opp. Simba Bar tel: 0707 092 113 / 0707 092 111

FASHION&STYLE WITH LYDIA OMOLO

ARM CANDY

1



1 Grey jumpsuit, Sh2, 000, Jorge's Wardrobe. Yellow tote, Sh4,000, Eunique Collection. Silver loop earrings, Sh500, Jade Collection.

2 Red dress with shoulder detail, Sh2,500, Jade Collection. Silver earrings, Sh1,000 a pair. Price. Blue animal print clutch, Sh3,500, Clothing Garage.

One of the easiest ways to spice up your look without much effort is to grab a gorgeous bag. From basic tote to clutches, there is a bag to go with every style and in every size. Go on and grab one!

2



6



6 Pink patent envelope clutch, Sh2, 500; blue patent platform shoes, Sh8, 000, both from Eunique Collection.

HANDY FACTS & POINTERS

On time

Be fashionably on time with these retro gunmetal watches that are perfect additions to your jewellery collection. Pick one with two colours and an embellished face for a glitzy and trendy look.



Silver and gold watch and silver watch, Sh3,500 each, both from Maggy's Collection.



3



3 Nude chiffon pussy bow blouse with organza detail, Sh1,000; black pants, Sh1,000, both from Clothing Garage. Chunky studs, Sh500, Mr Price. Mocho patent bowling bag, Sh29,900, Nude chunky ring, Sh3,600 both from Kache.

4



4 Grey bodycon dress, Sh2,500, Jorge's Wardrobe. Bordeaux tote, Sh5,000, Eunike Collection.

5



5 Peach quilted jacket, Sh10,000. Diamante clutch, Sh6,999, Kache. Gold and black stud earrings, Sh1,000, Mr Price.

BABYLOVE

Sent to juvenile school

Kinuthia Mburu looks into how children with severe discipline problems get to be sent to rehabilitation schools

Until six years ago, Hildah's child was a playful and friendly boy. However, after age seven Martin* began to change. He gradually became indisciplined. He always wanted to have his way and would curse and throw temper tantrums. At first, Hildah thought that her child's outbursts were normal.

"He often told us that he hated us and his life and wished we were all dead," she recalls.

Although Hildah would spank him, withhold gifts, and ask him to do time-outs, Martin's behaviour only got worse.

"He became a bully and was sent away from school after nearly piercing his desk-mate's eye with a pen."

Turn for the worse

Things took a turn for the worse two years ago after Martin opened the liquefied petroleum gas (LPG) cylinder's valve in the kitchen and attempted to light up their home twice.

"I found him trying to undo the valve, while holding a matchbox in his other hand," Hildah says.

In a bid to discipline him, Hildah took her son to the police station.

"I didn't know the police would initiate a case to have him committed at an approved school," she says.

The children's department presented him before the children's court and 10-and-a-half year old Martin was committed to a rehabilitation school for three years.

"The judge issued a committal order after concluding that Martin was not only a threat to himself but could inflict harm

to others," says Hildah. "It's still the most painful moment I've had to bear in my life."

Currently, there are 10 rehabilitation schools in the country with a capacity of 150 children per school. Two are for girls and eight are for boys. Even if your child is driving you to the edge with his behaviour, you cannot just drop him off at a rehabilitation school. According to Mr Murigi Kamande, an advocate of the High Court, the decision to send a child to a rehabilitation centre or not is left to the judge and is based on the circumstances surrounding the child and the offence.

"A rehabilitation centre may have both petty and serious child offenders."

Before a child is sent to a rehabilitation school, the parent must obtain a committal order. "Before boys are placed in the rehabilitation centres, they must first undergo an assessment programme at Gitathuru Rehabilitation School. From there, they are sent to various schools based on whether they are high-, medium-, or low-risk," says Mr Kamande. Girls undergo a similar process at Kirigiti Girls Rehabilitation School. The schools are Kirigiti, Dagoretti, Kisumu, Kericho, Kakamega, Wamumu, Kabete, Gitathuru, Likoni, and Othaya rehabilitation centres.

Not only children found guilty of committing a crime will be sent to approved schools but also

those in need of care and protection. Legally, only children above the age of 10 and below the age of 15 years are sent to rehabilitation centres.

"If the child guilty of a punishable offence is aged 15 and below 18 years, he or she is to be surrendered to a borstal institution," says Mr Kamande.

Children do not have to complete their "sentence" if their behaviour improves. "Most of them do not serve the full term. They are observed and released if their behaviour improves remarkably," he adds.

According to a Unicef report, due to the perception of rehabilitation centres as little prisons, children sent to them for behavioural correction are at pains to fit into society or develop a healthy self-esteem once they are released.

Last line of defence

Ms Mercy Mwajuma, who works at a rehabilitation school in Nairobi, says that children in such centres are counselled.

"We don't just punish or lock them up in rooms. Our purpose is to correct and educate them.

They play and go to class. We allow them to be children while guiding them such that they will easily fit back into society once their committal period ends," she says.

According to child therapist Gloria Wandeto, extremely indisciplined children must not necessarily be sent to such centres.

"As helpful as they are, rehabilitation schools should be the last line of defence, especially if alternatives such as child therapy and counselling can be made available," says Ms Wandeto.

According to Ms Mwajuma, the Children's Department prepares an environment adjustment report for your child that will assess his or her recovery and ability to live in the outside world before the child is released. Ms Wandeto adds that once your child returns from a rehabilitation school, you should ensure that he or she does not relapse.

"Explore where your parenting went wrong and draw clear, acceptable discipline lines while offering emotional support, encouragement, and appreciation."



DIARY OF A WORKING MOTHER

WITH MARIA MWONGELI

Who's the mummy here?

Monday 10.24am: "Please Mum, can I watch *Narnia*?" No! I bought that movie for myself and had made the mistake of watching it with Siji, so now this is all she wants to watch. Then I heard her saying to Nanny, "Mum amesema niwatch *Narnia*," in a sing-song voice. Ai! But that is not what I said, plus that scary worm is not baby-friendly and she does not even like Aslan, the lion.

Tuesday 6.48pm: Honestly, I thought we were over and done with the crying fits. Siji started crying when I insisted on plaiting her hair and did not stop until I was done. I never pull her hair,

so this was just an act of drama on her part. Nanny seemed upset that I was making Baby cry and plaiting her when Siji did not want to have her hair done. Ahem! Who is the Mummy here? When I say Siji's hair is being done tonight, I mean Siji's hair is being done tonight. Who has a problem with that?

Wednesday 3.25pm: I have never felt so encouraged! I walked into my friend's design shop and there was her little four-year-old girl helping her mama's clients fit their clothes. The child is only four years old, in Baby Class, and learnt how to write her name two days ago and

Siji is 3 years, 5 months and four days old today

just has it all together. I was so impressed! I saw leadership qualities in her. There is something good to be said

for letting little ones stay at home (with a great nanny) till they are old enough to grasp what they are taught in school. So, January 2015 it is for Siji!

Thursday 5.47pm: "Ai Siji, you can't wear your swimming costume all day!" I have been promising to take her swimming when the sun comes out and clearly, to her, today is the day.

She said, "*Kuna jua* ..." when I asked her, then to my shock and horror, ran out of the house and told the workers who were just leaving at the end of their work day that she was going swimming as she lifted up the skirt bit of the costume.

Friday 9.10pm: Finally! I made it! The *leso* fabric skirt I have been meaning to hand-stitch (just like Susu did for me) for Siji is done! The elastic waist band was a bit of a challenge because when I was done, it seemed very small and that was probably because I stretched it out as I stitched. Baby wore it and her Daddy loved it. Now, to finish the hemline...one day! Lol!

HEALTHMATTERS

Issue that just won't go away

If we empowered men and women to prevent unwanted pregnancies, botched abortions would be rare, writes **Dr Joachim Osur**

Last week, the High Court sentenced nurse Jackson Namunya Tali to death for assisting a teenager to procure an abortion, a procedure whose complications led to the girl's death.

This incident reminded me of Rose, a 14-year-old girl from western Kenya. Rose did her Standard Eight examinations at a village school. Due to harsh conditions at home, Rose loved being in school.

She was diligent and well-behaved and concentrated on her studies to please her teachers. She passed KCPE and qualified to join a national secondary school, but her family could not afford secondary school fees. Rose decided to join her brother, Andrew, a day watchman at a shop on River Road in Nairobi, with the hope that he could assist in paying her school fees.

Two weeks later, Rose fell ill. She lost appetite, vomited, and became weak. Her brother took her to a county clinic, where all tests done were negative. As a last resort, the doctor decided to do a pregnancy test, and it turned out positive. Rose's brother could not believe it. When they got back to his one-room house in Kangemi, he beat her up thoroughly.

"Please do not kill me, it is Uncle Ben who did it. I refused but he forced me!" Rose cried out.

Ben was their paternal uncle. That night Andrew called his parents and broke the news.

"Son, such pregnancies are a bad omen. If she delivers, the baby has to be killed," his father explained.

The next day Rose's brother discussed his problem with the tea girl at work. This was a difficult situation, especially because he had already approached a councillor (present-day county representative), who had accepted to conduct a fundraising for Rose's school fees.

It would be a big shame if people raised



funds, only to discover that Rose was pregnant and unable to proceed with her studies.

"She can flush," that was the tea girl's advice, meaning abortion. She explained that most girls who got pregnant did that. She knew a herbalist who had helped many girls and that she was ready to refer Rose.

Fatal procedure

On his way home that evening, Andrew went to a county clinic. He asked the doctor if he could help Rose abort. The doctor refused.

The next morning, Andrew took Rose with him to work. The tea girl had promised to walk Rose to the herbalist on River Road. The herbalist gave Rose a concoction to take in the evening. She was to repeat the dose the next morning. Rose took the dose as advised before going to bed.

In the wee hours of the morning, Rose developed severe stomachache pain and started bleeding profusely. "Don't you remember that you were warned that there would be pain and bleeding?" her brother reminded her as she writhed in pain. He left her and went to work.

At mid-morning, a neighbour called Andrew and told him to go back home. He rushed back, not sure what to expect. He found his sister lying unconscious in a pool of blood.

With the help of the neighbour, he rushed her to the county clinic and met the same doctor who had refused to do the abortion. The doctor rushed to give Rose a blood transfusion and oxygen. Unfortunately, Rose did not respond and was soon dead.

Rose's is a common story in Kenya. Some women die while others survive with lifelong complications. It is estimated that about 500,000 women have abortions each year. Botched abortions are among the top causes of pregnancy-related deaths in Kenya.

Domain of quacks

Studies by the World Health Organisation show that the rates of abortion are similar in all parts of the world. The difference, however, is that in some countries abortion is the domain of quacks while in others it is done by qualified health workers in well-equipped facilities. It is all a matter of the law and policy that populations have decided to cherish. If such laws and policies prevent women from reaching hospitals, they find alternative routes to abortion.

We can choose to hang or stigmatise abortion providers, but that is far from the root cause of the problem. In fact, it only makes women with unwanted pregnancies hide their problem more and seek cruder methods of abortion. If families, religious institutions, schools, and other social structures could play their role in empowering men, women, and girls and providing life skills to prevent unwanted pregnancies, and if the health system could provide the WHO-approved approaches to preventing unsafe abortions, botched abortions would be rare. However, because these systems have failed; we are now crucifying health workers and pushing them to join the numbers of women dying from unsafe abortion.

HEALTH&NUTRITION

BY SONA PARMAR MUKHERJEE

Cut out the sugary treats

If you suffer from an autoimmune condition, cutting out these foods will do you a lot of good

Even after a good night's rest, Rose, a 29-year-old business executive, woke up feeling pretty awful on most days — so much so that she convinced herself that she had HIV. Rose had come to see me for a condition called uveitis, inflammation of a part of the eye called the uvea. Uveitis can be caused by an auto-immune condition, of which HIV is one, hence Rose was worried (an auto-immune condition is one where the body attacks itself). She regularly had levels of a particular white blood cell checked (CD4 and CD8), and even though the numbers were well within healthy range, she was not convinced. Her face regularly felt tight, her lips would swell, and she would even itch after a cold shower. It was only when her condition began to improve with nutritional medicine that she stopped being worried.

So what did we do? As you might expect, I started by recommending three good meals a day. It was always going to be a losing battle if the body was not being supplied with a healthy dose of nutrients every day (she used to have a hurried breakfast and then nothing till dinner). There were also certain foods that I wanted her to avoid to minimise the inflammation.

The first was sugar. Sugar and refined foods in general are one of the main culprits when it comes to inflammation. Ditto fried food. So, both of those were out. So were wheat and dairy produce. You see, if the uveitis was, indeed, autoimmune in origin, it was likely to be related to food sensitivity. I am not saying that cutting out foods like bread, pasta, milk, and cheese was easy for Rose, but she knew it was necessary. She had been suffering from her condition for six years and had recently also been seeing "floaters" (a bit like dark spots in front of your eyes).

The difference in just four weeks was amazing. Rose said that when she came into the clinic, she wanted to hug me. Her face was no longer tight and her lips did not swell. The floaters, which had previously been a daily occurrence, only appeared rarely. And despite eating so much more, she was actually losing the tyre around her waist.



HAIR&BEAUTY WITH IRENE NJOROG-KRISTIAN**ASK IRENE:**

Is it okay for a pregnant woman to undergo ozone therapy? — Carol, Nairobi.

Check with your doctor before you get any treatments while you are expectant.

The author is a cosmetology lecturer.

QUICKFIXES:**Deep breathing:**

To feel and look better every morning, carry out five minutes of deep breathing. Hold down one nostril and breathe in and out 10 times. Repeat with the other nostril. This exercise works best when done outdoors.

Bring back the vital glow



Ozone therapy is gaining popularity as a way to revitalise beauty and health

When you feel your best with your body functioning at optimum capacity, it is a guarantee that you will look amazing. If you usually feel sluggish, lazy, and lack a vital glow, you should consider ozone therapy. This treatment, which encloses your body in a vast ozone chamber, is popular worldwide as more people turn to holistic therapies.

The science behind ozone therapy:

Oxygen is a vital nutrient for our bodies. Any reduction in its supply, as often happens in our polluted

environment, leads to a reduction in optimal cellular function. This lack of sufficient oxygen is responsible for most of the beauty and health issues we face — poor metabolism, fatigue, problematic skin, cellulite. Ozone, also known as activated oxygen, contains three atoms of oxygen rather than the two we usually breathe. Ozone enters the body through the skin, after which it reverts to oxygen. This flooding of the body with ozone corrects the problems brought about by insufficient oxygen. It starts to stimulate cellular healing and repair, as well as detoxification of heavy metals such as mercury, pesticides, and other toxins. It offers other numerous benefits, some of which include improved sleep, rebuilding of injured tissue, blood purification and the destruction of bacteria, fungi, and viruses. The result is a healthy glowing appearance

from the inside out.

Winnie Taylor, a therapist at Body Evolution Spa, says that once the treatment starts working, your body undergoes a rapid healing period where you may experience slight nausea before the feeling of vitality, energy, and well-being. For best results, a course of

treatments is required and can be done up to three times a week. This treatment is suitable for both men and women.



NATURALHAIRCORNER

All your natural hair questions answered.

Why hair at the crown doesn't grow

Q: When I had relaxed my hair, the hair on my crown always used to break off. Now even with a careful natural hair care regimen, the hair remains short, thin, and sticks up in the air. What can I do about this?

A: Your predicament is common among women. The hair at the top of our heads is usually coarser, more tangled, and more prone to breakage and dryness. There are several reasons for this. One is that it bears the

brunt of damage from the elements. Our harsh equatorial sun beats directly on it — in fact, sun damage from UV rays on your hair has been likened to damage from bleaching using chemicals. The hair becomes brittle and breaks



easily. In addition to that, depending on how you sleep, this hair usually gets more matted and tousled than the rest of your hair. Lastly, when washing, a combination of shampoo residue and neglect when applying conditioner results in further breakage. To

remedy this, first of all trim any damaged hair on your crown. Then get used to wearing hats or head wraps when going outdoors for extended periods of time. Plait, band, or wrap this hair at night and sleep on a silk or satin pillowcase. When applying oil, conditioner, and treatment, give this section extra love. With time, it should improve in volume and health.

— TRICIA WANJALA

NEXT WEEK: STYLISH WAYS TO WEAR THE AFRO

PERSONAL FINANCE

Think before you borrow

Here are a few things to consider before you take that loan.

By **Waceke Nduati Omanga**

Over the past 10 years, it has become increasingly easier to get a personal loan and banks and other financial institutions keep coming up with products that entice people to borrow money. There are all forms of credit — sacco loans, credit cards, mortgages, personal loans, education loans, salary advance loans, etc., — that have made borrowing a crucial area that most of us have to deal with when managing personal expenses. The loans themselves are not bad; what matters is how we use them. I have come across many people struggling with debt and many times they blame the bank's high interest rates for their situations. Others blame their employers for not paying them enough to live on. The truth is that no one put a gun to your head and forced you to take a loan. Debt either works for you or against you. Here are a few things to consider before you take that loan:

1. Why do you want to borrow?

The answer to this question is what will tell you whether you need to borrow money or not. There are good reasons to borrow, and then there are some bad ones. Many people are borrowing to sustain their own or someone else's lifestyle. This is not an intelligent reason to borrow.

Think about it this way: imagine you have two potatoes to eat every day. One day you feel greedy and want three potatoes. You will have to borrow a potato from someone else. However, it means

Do a simple budget and find out if you can actually afford the loan or be clear about what you are willing to give up so that you can afford to borrow from a bank

that the following day, from your two potatoes you will have to pay back the one you borrowed, so on that particular day you will only have one potato. You have to ask yourself whether being excessively full on the day you borrowed the potato is worth the hunger on the day you only have one potato to eat. When we borrow for lifestyle we are consuming the money, just like eating potatoes. Once



eaten, there is nothing really to show for it. We may be borrowing to literally eat, entertain ourselves, buy clothes, travel, or pay rent or school fees. One day it will get to a point where you may have to go hungry i.e. make drastic sacrifices to pay back the loans by cutting expenses. If the loan you are thinking of taking will lead you down this path, do not take it.

2. Can you really afford to borrow?

Debt is attractive because it comes as a lump sum. However, when you take a loan, you will be required to make monthly repayments to service that loan. This means that unless you are also getting a higher income, you will have to give up something. For example, say you are earning Sh70,000 and take a Sh500,000 car loan that will cost you Sh12,000 a month. If you were already spending Sh70,000 every month, you really cannot afford this loan. To service your loan, you will have to cut back on something. You may need to find somewhere else to live that is Sh12,000 cheaper or cut back on food,

entertainment, or clothes. Unfortunately, many people never think through this. They borrow Sh12,000 a month through something like their credit card or loans from relatives before identifying what to cut from their budget. This is very different from someone who has received an income increase of Sh12,000 and then decides to buy a car. In that case, the loan repayment does not impact their lifestyle. Do a simple budget and find out if you can actually afford the loan or be clear about what you are willing to give up so that you can afford to borrow. If you do not do this, the temporary relief that comes from receiving that lump sum of borrowed money will be soon be replaced by a lot more pain than you are going through without the loan.

3. When does borrowing work for you?

Firstly, even though you feel you had to take a loan, understand that you can actually pay it faster and pay the bank less interest. For the same car loan example I gave above, an extra Sh10,000 towards your monthly payment will save

you over Sh100,000 in interest costs and cut three years off your loan. If you do have to borrow for whatever purpose, pay your loan back faster. Secondly, good debt is the kind that makes money for you. This means that you borrow a potato because it will help you make another two potatoes. When loans are used for proper investment purposes that give returns over and above what the loan cost you, you are in a better position. The Sh500,000 you want to use to buy a car can be put into a business venture that generates one million shillings. In this case, the loan had provided a benefit. However, be very careful about the investment you are making and ensure that you have the correct information, because even if the investment/business does not work out, you will still have to service the loan. Think before you borrow.

Waceke runs a programme on personal financial management. Find her at waceke@centonomy.com | Twitter @cekenduati

RELATIONSHIPS



Six of the worst breakup excuses

In a bid to lessen the blow, men and women come up with ridiculous breakup lines. **Joan Thatiah** samples some of the worst ones

In a perfect world, breakups would be easy and the reasons straight-forward — we just do not feel the same about each other anymore or this relationship is not building either of us. In reality, breaking up is hard to do and in a bid to lessen the blow, breakup lines end up being coated in lies, apologies, and flattery. You must have heard the overused, “It’s not you, it’s me,” or “You deserve better than me.”

Turns out that these two are not the worst reasons out there given for love gone sour. Six men and women share the most ridiculous reasons they gave in a bid to get out of a relationship or the flimsiest breakup excuses they have heard from former partners.

I’m dying

Linda, a 27-year-old journalist, admits to

feeling a little guilty each time she thinks about how she lied that she was terminally ill to get out of a relationship. The man in question, she says, was fun to be with but he was three years younger, which was a problem for Linda. Also, she was not ready for a committed relationship at the time.

“First, I told him that I had been transferred from Nairobi to work in another town, but this didn’t seem to deter him, so I told him that I had terminal cancer. Knowing him, I knew he would have wanted to walk the journey with me, so I told him I didn’t want to take him through that because I didn’t want him to remember me like that,” she says.

This was three years ago. She has met the man a couple of times since and she could barely look at him. Sometimes she wonders whether her being still single is nature’s way of paying her back.

You look too much like my sister

After a year of fun and passion, Victoria’s boyfriend decided that she looked too much like his sister for him to date her comfortably. And this was just a few hours after she had lost her virginity to him.

“I trashed his house. I was angry, I felt trivialised. Was he trying to say that he had never really looked at me for a year?” she asks.

This happened seven years ago, but this 28-year-old has not forgiven her ex-boyfriend for his cruelty. He had many options out of their relationship. He could have told her he had fallen out of love with her, he could have slowly cut her out of his life, but he opted to give a reason which only stirred up bitterness.

I’m in the NIS

“He came up to me one morning while I was ironing his shirt for work and told me that he needed to tell me something very important. He sat me on the bed and told me that he was an agent of the National Intelligence Service and that he needed to go away on a mission indefinitely,” Njeri, 26, recalls.

Before she could start asking questions, he added that she would not understand and so he was not going to explain, and with that walked out of her house and her life. She found out after only a couple of weeks that not only was he still working at the debt collection agency where she met him, he was also married.

“I felt insulted. I wish he had given me a more intelligent excuse,” she says.

I’m getting married

Two years into a seemingly happy and functioning relationship, Hanna’s boyfriend sent her a text message telling her that he was

getting married. Seeing as their relationship was going so well, she thought it was a joke and called him to confirm.

“For a fleeting second, I even thought he was trying to propose to me,” the 29-year-old paediatric nurse at a city hospital recalls.

Throughout the relationship, she had not even suspected that he was seeing another person besides her. How could she have missed such a big red flag? How could he have been planning a wedding when he spent every waking moment with her? When she demanded an explanation, he gave her the most absurd one.

“That he had a lost a bet he’d taken with a female friend and now he had to marry her to honour the bet. Six months in, I’m still waiting for that marriage to materialise,” she says.

God wants better for you

Josh, a 26-year-old marketer, shares the most baffling breakup reason he has ever been given. This girl, he says, is the best-looking he has ever dated.

“We had been together eight months when she took me out to a nice lunch. After lunch, she started telling me about how she had been speaking to God about our relationship, which I found to be odd as I didn’t know her as a religious person,” he says.

Apparently, God was not happy with their relationship, not because Josh was not good enough for her, but because He had a better plan for Josh.

“When someone hides behind religion, it becomes very difficult to question a breakup. I, how-

ever, knew that I had been played when I saw her in a club looking very snug in the arms of a man that she once introduced as a friend barely a month later.”

The only other breakup excuse that comes close for Josh is a

woman who dumped him for allowing her to go on a week-long trip to Mombasa with her girlfriends, claiming that he did not care enough to get angry or to stop her.

“My fake job transfer to another town didn’t deter him, so I told him I had cancer.”

I’m going to rehab

Eustas, a 32-year-old real estate agent was shocked when a woman he had been seeing for a little over a year announced that she was checking into a rehab facility for sexual addiction.

“I was shocked. I mean, couldn’t there have been signs had she been suffering from that kind of addiction?”

Alarm bells started ringing when she insisted on breaking up, saying that after a three-month stint in rehab, she would still need to be celibate for a further six months. To ensure full recovery, her therapist had advised her to cut any romantic ties.

His suspicions were confirmed when, despite claiming to be lying low, the woman’s social media activities went on.

“The breakup would have been easier without knowing that I’d been lied to,” he says.

EATING&OUTING

Fresh and affordable home-style meals



Tucked away in a corner of Karen, this student café offers simple but sumptuous home-cooked meals. By **Bon Vivant**

The suburb of Karen is unique because its residents cut across the board. Apart from palatial housing and a few businesses, Karen hosts several

university campuses. To meet the need for accommodation, individuals have built hostels for students. While visiting such a hostel one afternoon, my companion and I were pleasantly

surprised to learn that a café was part of the property.

Tomcat Café was first introduced to cater for the needs of the students who reside at the hostel where it is located. However, since there are several workers employed at surrounding businesses, outside patrons are also welcome. The hostel is brand-new, and so are the kitchens and dining area. It is squeaky clean, with large plastic seats and square tables.

The owner and his wife manage the business, so we were delighted when they welcomed us and personally took our order.

The menu listed breakfast items such as sausages, bacon and eggs, oatmeal, cereal and milk, and toast. Snacks include bhajia, French fries, *chapati*, and hot dogs. Main meals include Kenyan-style chicken, beef, fish, and various accompaniments. They also offer your usual beverages and home-made juice.

All their dishes are prepared from scratch, so we were pleased when

the chef, a pleasant woman named Keziah, served us our meals in record time. Simple, home-style cooking made with fresh ingredients. We had Spanish fried rice, stewed mincemeat with vegetables, and a mixture of kale and spinach. The portions were humongous! They also gave us a complementary jug of filtered water.

They accidentally gave us a double portion of greens, so they were kind enough to take away one bowl of spinach and remove it from our bill. Our food was served hot and our only complaint was that they need to reduce the amount of salt for those of us not accustomed to much salt. Still, we wiped our plates clean and when the bill arrived we were pleasantly surprised at how pocket-friendly their prices are. My companion also had a cup of tea and *mandazi*. A filling lunch, including beverages, came to about Sh300. The café's location is somewhat hidden, but if you ever find yourself in this corner of Karen, this establishment offers outstanding value for money.

**Tomcat Café,
Ndege Road,
Karen, Nairobi**

Send your feedback to satmag@ke.nationmedia.com

MEET THE CHEF

**Kevin Barron,
executive
chef, Ole
Sereni
Hotel,
Nairobi**

How did you become a chef?

I worked with my aunt when I was at school, then I knew it was for me. I have worked all over the UK.

What would you be doing if you were not a chef?

Honestly, I have always wanted to be a DJ.

What has been the highlight of your career?

I enjoyed cooking for the Roux Brothers, very famous three-Michelin-starred chefs. Years later I cooked for them again at another restaurant and they remembered me and the meal.

Which celebrity would you like to cook a meal for?

Maybe Jay Z.

What is the best advice you have ever been given?

Taste everything. This sounds really obvious, but very few chefs really do that.

What is the secret to perfecting a simple sponge cake?

Do not overmix. Keep your trusted recipe, a good oven, and baking tin.

When you are at home what do you love to eat?

My wife is a very good cook and she makes tasty Polish dishes.

How do you rate our Kenyan cuisine?

It is good. At Ole Sereni we are doing a lot more with true Kenyan foods and on selected Tuesday nights we serve a buffet with only Kenyan dishes.

What tips would you give our readers at home?

Be organised, cut and prepare as much as you can in advance so it is just a case of putting it all together when you need to.

Which five tools are never missing from your kitchen?

Good ovens, pans, sharp knives, a mixer, and a blender.

What is your number one herb for your cooking?

Tarragon is a herb that is not used much, but it goes with so many things: fish, meat, vegetables, chicken, and even desserts.

What has helped you cope with high pressure in your career?

A good sense of humour at the worst of times can get you through.

— TRICIA WANJALA



PHOTO | COURTESY

EATING IN

Jack Daniel's steak



Serves 6

Ingredients

1 clove garlic, halved
1 cup pineapple juice
½ cup teriyaki sauce
1 tbsp olive oil
1 ¼ cups dark brown sugar
2 tbsp soy sauce
1 tbsp crushed pineapple
4 tbsp Jack Daniel's whisky
½ tsp cayenne pepper
1 cup water

Method

Get all the ingredients together before you start. Do not peel the garlic, just cut in half. Boil the teriyaki, sugar, soy, juice, and water until the liquid has reduced

by half. Add the crushed pineapple and reduce again slightly.

Now add the cayenne and the Jack Daniel's and bring back to the boil, then remove from the heat.

Allow to cool and store in the refrigerator in a sealed plastic tub.

Glaze any meats you like with this; simply add near the end of the cooking time and brush the meat well. Repeat a few times until meat is nicely glazed and sticky. It goes well with roast chicken, steaks, lamb joints, and chicken wings.

— KEVIN BARRON

TRAVEL & LEISURE

A day of peace and quiet with nature away from the bustle of the city, is good for the soul, writes **Rupi Mangat**

Driving past Chania and Thika Falls, there is a burst of blue in the sky as the sun lets out its energising rays. It is hard to imagine that not more than a century ago, all this was thick forest with hunters coming to hunt crocodiles and hippo, while zebra and all of Africa's antelopes frolicked on the vast plains where predators like leopards and lions had plenty of prey.

In a span of a century, all that has been taken over by Nairobi's expansion into the fringes of Thika. Both have a common ancestry — water and wetlands. The word Nairobi comes from the Maa word meaning "place of cool waters". The Nairobi River flows into the Athi, which becomes the Galana and flows into the sea as the Sabaki in Malindi. Thika is famous for its landmark Thika Falls and Chania Falls, with waters raging down Thika River, which begins in the Aberdare Ranges and flows into Kenya's longest river — the Tana — and eventually into the Indian Ocean.

We are in Ruiru, which is between Nairobi and Thika, among pools and glades of sedges, grasses and reeds, open water, and papyrus.

"It's got a nice variety of habitats for water birds," states Fleur Ng'weno, an incredible doyenne of Kenya's birds who has trained and inspired generations of naturalists.

"The birds can wade in and out of the shallow water and hide among the reeds. Steep shores are not bird-friendly," Fleur adds.

Standing by a pool of water that has got an island of papyrus, typha reeds, and little grasses, it is as if a party is going on. There is a flock of ducks, geese, and teals (all in the duck



PHOTOS | RUPU MANGAT

Reconnect with nature in Ruiru

family) swimming this and that way, skimming the water as they land. An exquisite jewel-like Malachite kingfisher sits on a single reed.

"It gives peace to your soul," reflects Ileana Lopez, from Guatemala — a new member of Nature Kenya, on her first Sunday outing with the birders.

I have not seen such flocks of teals before. Teals are smaller than ducks. Hottentot teals are quite small, red-billed teals a little bigger, yellow-billed ducks fairly large, Egyptian geese very large, and spur-winged geese, enormous.

There are also black crane, common moorhen, purple swamphen, red-knobbed coot, spurwing and blacksmith plovers and African jacana.

"These birds have a wide range in Africa," continues Fleur, "but wetlands are disappearing rather fast and hence they have fewer places to go to."

While we are tramping about in the wetlands, we come across a patch littered with feathers and from the rich chestnut colour of some, it seems these belonged to an Egyptian

goose. "It could be a bird moulting," comments Peter Mureithi of Nature Kenya. "When they find a safe place, they stop to get rid of their old feathers."

The feathers also have mites on them.

"These tiny mites have a symbiotic relationship with the bird. They feed on oil or fungi, thus cleaning the bird's feathers and helping the bird to stay healthy," he explains to Karin Fuego, another new member.

Walking along the grass plains, we see a yellow-billed stork high in the sky and a Wahlberg's eagle that is not often seen in Nairobi. A go-away-bird sits on top of an acacia. Hunters of old did not like this bird because its call alerts animals. However, the sighting of the day, something you do not see often, is a young greater honey guide: the bird that leads people to the nests of wild bees. It is a perfect working relationship: the honey gatherers or the honey badger (depending on who gets there first) opens the beehive and leaves the honeycomb for the honey guide to relish.

"Nature is so important," continues our new friend, Lopez, "especially if you have a stressful job. We are part of the universe but if you don't connect with nature, you lose connection with your soul."

Research shows that enjoying nature is good for the soul and here, we have a fantastic kaleidoscope of the world around us — the Aberdare Ranges in the north, Nairobi's iconic Ngong Hills, and Thika's Ol Donyo Sabuk Mountain — before we get to the new superhighway back to the place of cool waters — Nyarobe (Nairobi).

EXPLORE RUIRU

Ruiru is an important industrial town on the fringes of Nairobi. Once an important farming area, it is increasingly becoming industrialised and housing estates for the burgeoning Nairobi population are coming up. Ruiru is about 22 kilometres from Nairobi. Join Nature Kenya for exciting day tours. Log on to www.naturekenya.org



Nature Kenya members Peter Mureithi and Karin Fuego discussing birds in Ruiru.

Send your feedback to satmag@ke.nationmedia.com

MUST DO LIST

EVENTS & ENTERTAINMENT HIGHLIGHTS

October 4

Gertrude's Charity Walk 2014

The walk aims to raise money for needy children who require specialised treatment. Registration at Gertrude's Children Hospital and all its clinics.

Venue: **Karura Forest**

Time: **8am**

Tickets: **Adults: Sh1,000; children under 10 years: Sh600**

Contact: **(020) 7206000, (020) 7206411**

October 4-5

Athi Plains Festival

This is the biggest charity musical extravaganza hosting East Africa's A-list entertainers including Jose Chameleone, Sauti Sol, Bahati, Proff, Kisella, Qritiqal, DJ Crème De la Crème, DJ Joe Mfalme, DJ Kalonje, DJ Fash, DJ Crossfade, DJ Reakt, and MC Mzazi William

Tuva of Mseto East Africa.

Lots of activities, food, and drinks will be available. The festival aims to fundraise for Mama Upendo Children's Home in Kitui.

Venue: **Wattle Blossom Lodge**

Tickets: **Advance Sh2,000; gate Sh2,500**

October 4-5

Treasure Trove 2014 Bazaar and Bargain Sale

Enjoy two days of fun, food, shopping, art, culture, and music.

Venue: **Adams Arcade Shopping Mall**

Time: **8am-7pm**

Contact: **0713 736944, 0721 117517**

Entry free

Compiled by **WANGUI THUO**

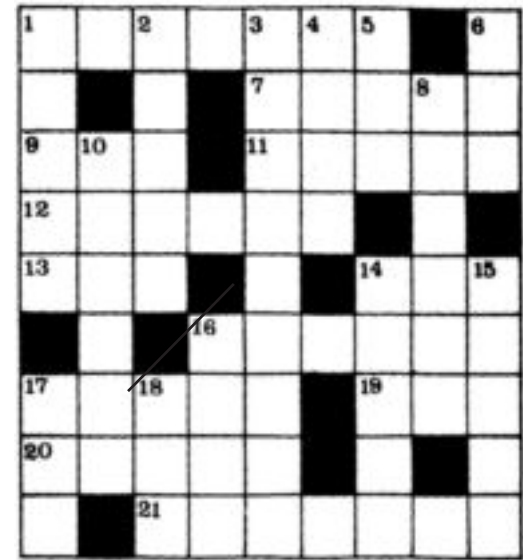
SIMPLE CROSSWORD

ACROSS

- 1. A brief account containing the substance of a fuller account
- 7. Fertilised and mature ovules of flowering plants
- 9. Ethiopian river flowing into L. Turkana between various alternatives
- 11. Fully satisfies a desire or appetite
- 12. Sweet plant secretion from which bees make honey
- 13. The grayish powdery remains of burning
- 14. In the middle
- 16. Part of a garment that covers the arm
- 17. To refute by argument or proof
- 19. A beak
- 20. To worship
- 21. Boring or wearisome

DOWN

- 1. Major ethnic group in Zimbabwe
- 2. To cadge or sponge
- 3. Made a violent attack
- 4. The back



- 5. Nevertheless
- 6. A very stupid person
- 8. To deduce or infer
- 10. Muddled or befouled
- 14. The seat of Ugandan Kabaka's kingdom
- 15. Things that are owed
- 16. Certain
- 17. A narrow beam of light
- 18. Board of Trade (abbrev.)

YESTERDAY'S SOLUTION

ACROSS

- 2. Rebirth
- 8. Poor
- 9. Mare
- 10. Treason
- 11. Eros
- 13. Dar
- 14. Bee
- 17. Belt
- 18. Vinegar
- 20. Ones
- 21. Sere
- 22. Wettest

DOWN

- 1. Speed
- 2. Rotor
- 3. Errs
- 4. Imam
- 5. Ras
- 6. Trowel
- 7. Hen
- 12. Rapine
- 14. Beret
- 15. Ether
- 16. West
- 17. Bass
- 18. Vow
- 19. Net

SUDOKU

Sudoku with Steers

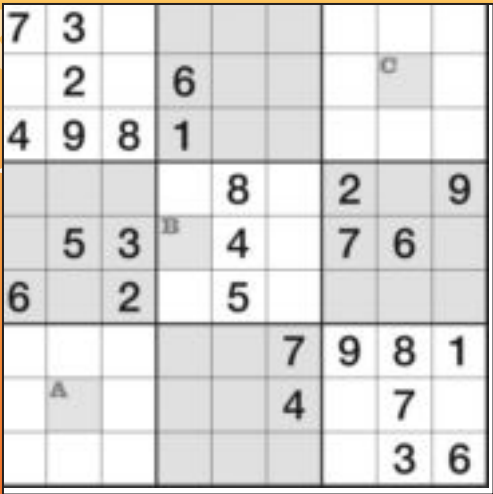
Two winners win a Free Meal with Steers daily on 20567!

Fill in the 3 shaded digits and send the values ABC to 20567 for your chance to win a Free Meal with Steers. Start the SMS with the word Sudoku e.g. Sudoku 1,2,3. Check your wenesday's paper to see if you are a winner.

Winners will be contacted directly by Steers within 2 weeks to receive their prize. SMS cost: 10/=



YESTERDAY'S SOLUTION



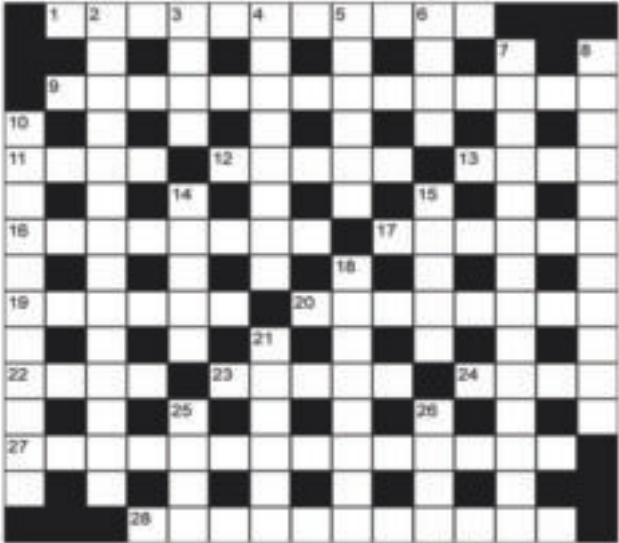
COMPLEX CROSSWORD

ACROSS

- 1 Intense blow wrought sporting injury (6,5)
- 9 Bank facility is put back in store by a titled figure reportedly (7,7)
- 11 Speed of car at event (4)
- 12 Archdeacon facing American space traveller (5)
- 13 Preserve part of castle (4)
- 16 Foreigner largely full of hypocritical talk in Spanish city (8)
- 17 Neat queue to get soup (6)
- 19 Persuasive man in business? (6)
- 20 House no type built as a centre of attraction (8)
- 22 Army division kept back by government in unrest (4)
- 23 Nervous characteristic of cricket? (5)
- 24 Musical group finding port after time (4)
- 27 Slippery customer that'll give you a squeeze and take you out? (3,11)
- 28 Trap a couple that's disrupted legal body (6,5)

DOWN

- 2 Urge late critic developed to get instrument (8,6)
- 3 Idea with time I abandoned in middle of day (4)
- 4 Dagger, note, left in fight (8)
- 5 Measure taken at sea in alliance (6)
- 6 In the past, a circle joined by Northern Anglicans (4)
- 7 Place requiring stiff observance? (7,7)



- 8 One with a lot of influence in Victoria, say, gets contract (11)
- 10 Bits of food generated outspoken surprised expression (11)
- 14 Sweltering area undressed Nordics appreciate principally (5)
- 15 Top Forty in Rome on radio (5)
- 18 Soldier finding two rivers entering part of sea? (8)
- 21 Follow holder of money around university (6)

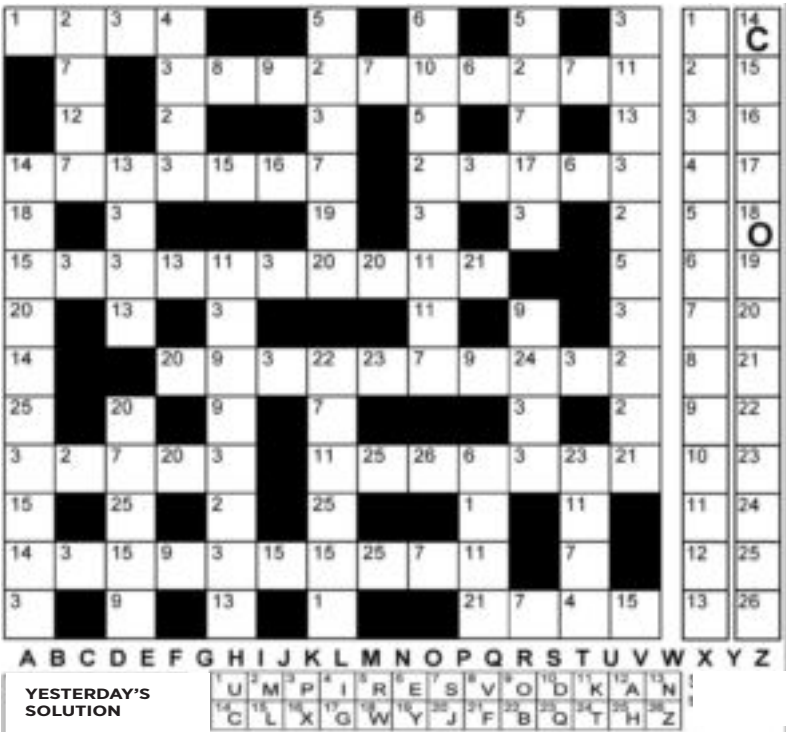
- 25 John Prescott's first circular manoeuvre (4)
- 26 Resounding noise that may introduce foxtrot? (4)

YESTERDAY'S SOLUTION

- 1 Carpet
- 5 Educated
- 9 Harangue
- 10 Satnav
- 11 Rheostat
- 12 Misses
- 13 Fanlight
- 15 Odds
- 17 Once
- 19 Stubborn
- 20 Raisin
- 21 Alehouse
- 22 Tricky
- 23 Knickers
- 24 Contract
- 25 Garnet
- 2 DOWN
- 2 A dab hand
- 3 Play offs
- 4 Tight knit
- 5 Electric Blanket
- 6 Chariot
- 7 Tunisian
- 8 Divisive
- 14 Hoovering
- 15 Operatic
- 16 Dominion
- 17 Onlooker
- 18 Conserve
- 19 Stinker

CODEWORD

Each number in our Codeword grid represents a different letter of the alphabet. For example, today 14 represents C so fill in C every time the figure 14 appears. You two letters in the control grid to start you off. Enter them in the appropriate squares in the main grid, then use your knowledge of words to work out which letters should go in the missing squares. As you get the letters, fill in other squares with the same number in the main grid and control grid. Check off the list of alphabetical letters as you identify them.



ANDY CAPP





5:00am One Cubed	5:00pm Africa Connect Music Show
6:00am AM Live	6:00pm Malimwengu
9:00am Generation 3	7:00pm NTV Jioni
10:00am The Penguins Of Madagascar	7:30pm OffSide
10:30am Cool Catz	8:00pm Coke Studio Africa
11:00am Teen Republik	9:00pm NTV Weekend Edition
1:00pm NTV at 1	10:00pm Movie: Die Hard
1:30pm Prankstars	12:00am CNN
2:00pm Legacy	
4:00pm Scandal - Omnibus	

TREAT OF THE DAY



COKE STUDIO AFRICA 8:00PM

Coke Studio Africa is a music television series produced by the Coca-Cola Company featuring live studio-recorded music performances by various artists. The one of a kind music show brings together artists from different genres, eras and regions to create a modern and authentic sound through musical fusion. The purpose of Coke Studio is to reinvent the way music can capture the spirit of a nation, opening hearts and minds, and of course, Happiness.

TODAY’S HIGHLIGHT

OFFSIDE 7:30PM
MOVIE :MOVIE : DIE HARD 10:00PM



5:00am AL-Jazeera
6:00am Worker’s Prayer
6:20am Tumsifu
8:00am Rudicii Herbal
8:30am Lyle-Egiza
9:00am Kamusi ya Chamgamka
11:00am Mwanaspoti
12:00pm Vipasho
12:05pm Bunge La Wazalendo
12:30pm Face to Face
1:00pm Toleo La Mchana
1:30pm Rhumba Mzooqa
3:00pm Mwanaspoti
5:00pm Gozomo
5:30pm Sifa
6:00pm Mkulima Ni Ujuzi
7:10pm Tujuane
8:00pm Mwisho Juma na Walibora
8:30pm I-Seme
9:00pm Coke Studio
10:00pm WWE :
Bottomline
11:00pm Irie-Reggae
12:00pm Movie: Sharp Guys
01:00am AL-Jazeera

YOUR STARS

AQUARIUS (JAN 21-FEB 19)

You might also have a few last-minute errands to run in your neighborhood. It won't be easy, probably because of crowds and traffic. Nonetheless, your sense of excitement and enthusiasm will help you tolerate conditions that would normally be very frustrating.

PISCES (FEB 20-MAR 20)

You may have lost your usual control of the purse strings and spent too much money lately, Pisces. Don't worry about it. It's all been for a good cause. It's nothing you can't handle, and certainly not enough to bankrupt you. The situation is only temporary anyway. The financial picture looks great for you in the months to come. Make the most of it!

ARIES (MAR 21-APR 20)

Generally you're a very sociable person, Aries, and today you aren't likely to slow down. Invitations to parties, from intimate coffee klatches to big neighborhood bashes, continue to come in. There may be too many to handle, so you might have to turn some of them down. That goes against your nature!

TAURUS (APR 21- MAY 20)

You and other members of your household might suddenly decide to do one more thorough house cleaning, Taurus. Usually this would be a good idea, but today it doesn't really need it, and you might work too hard and do too much. Do you really need to clean your closets now? Dust and vacuum, then spruce it up with some decorations

GEMINI (MAY 21-JAN 21)

Too many people may be making demands on your time right now, Gemini. Some may have genuine concerns and need your assistance, but others have definite agendas that they really should deal with on their own. Use your intuition to tell the difference, because you won't be able to help them all.

CANCER (JUN 22-JUL 22)

A lot of creative work may need to be finished by today, Cancer. If you're professionally involved with writing, a deadline may loom. It could be difficult to get it done because family members and guests could constantly go in and out and keep you from concentrating. The best course of action might be to go somewhere quiet,!

LEO (JUL 23- AUG 22)

What's happening in your community today that attracts crowds, Leo? A parade? A festival of some kind? Some friends may want you to go with them. You might think you're too busy, but an hour or two away from your chores certainly won't hurt. Take some time out. This is a time for having fun!

VIRGO (AUG 23-SEPT 23)

You may be too free with your money right now, Virgo. You're usually careful with it, but the spirit of generosity and abundance is definitely upon you. You're more inclined to be generous with those you care about. After all is said and done, you could panic, but don't. You're good at making money.

LIBRA (SEPT 24-OCT 23)

You usually love to talk, Libra, but right now you've probably reached your limit. You've attended a number of gatherings and talked to a lot of people over the past week or so, and now you want to sit quietly at home. If friends or family members insist on your going out with them, don't be afraid to say no.

SCORPIO (OCT 24-NOV 22)

Have you been indulging in too many goodies, Scorpio? You might feel under the weather because of all this abundance. You probably should take it easy. Think about reorganizing your priorities. Is a second piece of chocolate cake more important than your energy and health?

SAGITTARIUS (NOV 23- DEC 21)

It has been said that you can never have too many friends, Sagittarius, but today you might wonder if perhaps you do. Your phone could be ringing off the hook. One person after another will be soliciting you for advice and your famous shoulder to cry on. Be patient..

CAPRICORN (DEC 22-JAN 20)

A public gathering of some kind could attract you and your family tonight, Capricorn. Perhaps you will arrange to meet some friends there. You may feel good just being out with those you love, but you're likely to be tired by the end of the event Take care of yourself so you can have some fun.

To receive NATIONmobile horoscopes on your mobile, SMS the Star you want, eg LEO to 20667 at 10/- above normal rates.

TELEVISION

CITIZEN TV

5:00 Pambazuka
8:00 Knowzone
9:00 Wedding Show -
Omnibus 11:00 Great Debate
Contest 11:30 Xtream Request Live
1:00 Live At 1
1:30 Shamba Shape Up
2:00 Dear Mother
2:45 Tabasamu
3:15 I Stand Accused
4:30Tall Dreams 5:00 Habibu
5:30 Kaa Rada
6:00 Jastorina
6:30 Saída
7:00 Nipashe Wikiendi
7:45 Naswa
8:15 Wild at Heart
9:00 Citizen Weekend
10:00 Corona de Lagrimas
11:00 Afrosinema
01:30 Afrodizzia

KTN TV

6:00 Christ Embassy
6:30 Joyce Meyer 7:00 Cartoons
8:00 Club Kiboko 9:00 Marvels
10:00 Yolo 11:00 Straight Up Live
1:00 Lunch Time News 1:30 Africa
Speaks 2:00 Movie 4:00 Mbiu Ya
KTN 4:10 Tendereza Live 6:00 Ideal
Space 6:30 KTN Leo 7:30 Guinness
World Record 8:00 Are You My Type
9:00 KTN Weekend Prime 10:05
Rasharasha12:00 Baseline/CNN

K24 TV

5.00 Praiz 6.30 Turning Point 7.00
K24 Alfajiri Social Hour 9.00 Just
Kids 10.30 Mishoni 11.00 Riddim Up
live 1.00 K24 Newscut 1.30 Arena
254 Live 3.00The Playlist 4.00
Without You
6.00 Valgame Dios 7.00 K24

Wikendi 7.35 Kilimo Biashara 8.00
Isabella 9.00 K24 Weekend Report
9.50 Rave With Joe Mfalme
1.30 Beatbox 3.00 Aljazeera

EBRU AFRICA TV

7:05 Tarchins and Friends7:30 Caillou
7:40 Suzie Blue Bird8:00 Arthur
8:30 Marsupilami 9:00 Dino
Rampage 9:20 Boonie Bears9:35
Keloglan 9:45 Backyard Science
10:00 Wonder Box 10:30 Y-Connect-
rpt11:30 Fifth Dimension
12:30 Plug N Play
1:00 World Of FootballEbru News
9:00 World Of Football
9:30 Movie1:30 Redemption
2:30 Plug N Play
3:00 Blank Canvas
3:25 Documentary 4:00 Ayna
4:45 Global Kitchen 11:20

Documentary

KBC TV

05.00 BBC World News
7.00 Fire Ministries 7.30 Miracle in
the Village1 8.00 Neno Litakuweka
huru 8.30 Jesus is Comng 8.45
Nguvu za Miugiza
9.00 Jesus Winner 9.30 Big Minds
10.30 Jambo Toto 11.00 Angaza Live
1.00 KBC Lunchtime News
1.30 CCTV News
2.30 KBC Sports
4.30 Artitude
6.00 Taj Show
7.00 KBC Taarifa
7.30 Read Between the Lines
8.00 The Mansion
9.00 KBC News
10.00 Weekend Movie
1200 Adrusion
12.30 BBC World News

CINEMA » SMS MOVIES TO 20667 TO RECEIVE MOBILE MOVIE ALERTS AT 10/- PER ALERT

NAIROBI

FOX CINEPLEX-SARIT CENTRE

SCREEN I
“DOLPHIN'S TALE 2”
(P/G)
11AM
“BANG BANG”
(TBA)
2.30PM, 5.30PM, 9PM

SCREEN II
“DRACULA UNTOLD”
(TBA)
11AM
“DOLPHIN'S TALE 2”
(TBA)
1.45PM
“EQUALIZER” (U/16)
4PM, 6.30PM
“HAIDER”
(TBA)
9PM

CENTURY CINEMA-JUNCTION

SCREEN I
“PLANES 2: FIRE AND RESCUE”
(2D)
(P/G)
11.10AM, 3.30PM

“DAWN OF THE PLANET APES”
(2D)
(16)
1PM
“VEVE”
(2D)
(16)
5.10PM

“GUARDIANS OF THE GALAXY”
(2D)
(P/G)
7PM, 9.20PM

SCREEN II
“INTO THE STORM”
(P/G)
10.50AM
“MAZE RUNNER”
(16)
5.10PM

“BANG BANG”
(16)
7.30AM
“DOLPHIN'S TALE 2”
(P/G)
12.50PM, 3PM, 9.40PM

SCREEN III
“MAZE RUNNER” (16)
10AM, 2.30PM
“DRACULA UNTOLD”
(16)
12.10PM, 4.50PM, 7.10PM, 9.40PM

SCREEN IV
“LUCY”
(16)
11AM, 2.40PM
“NO GOOD DEED”
(16)
1PM
“BANG BANG” (16)
5PM
“EQUALIZER” (TBA)
7PM, 9.40PM

PLANET MEDIA, PRESTIGE PLAZA, NGONG ROAD

““DOLPHIN'S TALE 2”
(TBA)
12PM, 4.50PM
“DRACULA UNTOLD”
(16)
7.15PM
“EQUALIZER”
(TBA)
2.15PM, 9.15PM
“BANG BANG”
6.20PM, 9PM
“MAZE RUNNER”
(U/16)
11.15AM, 1.20PM

PLANET MEDIA CINEMAS, NAKUMATT MEGA CITY MALL, KISUMU

SCREEN I
“BLENDED”
(P/G)

2PM, 4.10PM, 6.200PM, 8.30PM

SCREEN II
“BANG BANG”
6PM, 8.50PM
“THE EQUALIZER”
3.30PM
“DOLPHIN'S TALE 2” (TBA)
11.30AM, 1.30PM

MOMBASA

NYALI CINEMAX-MOMBASA
“DOLPHIN'S TALE 2”
2PM
“THE EQUALIZER”
3PM
“BANG BANG”
5.45PM, 9PM
“DRACULA UNTOLD”
7PM
“HAIDER”
9.15PM

LOVE IS ONLY A PHONE CALL AWAY

WOMEN SEEKING MEN

Magdalene Anyembe, born in 1976 in Butere-Mumias has a degree and a stable job. She is a Christian of average weight and height, chocolate complexion, has strong family values, has a pre-teen daughter and is searching for a life partner aged 38 years and above. He should be god-fearing, stable and employed or in business. Email: magdaleneanyembe@yahoo.com.

Jane Awino, a never-married 34-year-old lady, born in Nyando but working in Nairobi wants a life partner and a companion preferably from Nyanza. He should be aged 35 to 48 years, professionally employed or in business, single, Christian, with no kids or not more than two kids. Email: janeawino54@yahoo.com.

Kate, 26, is HIV-negative, has no kids and finished college. She is looking for a cheerful and loving white man, aged 31-37 years for a serious relationship. Call **0736 926 031**.

Winnie Wanjiku, 42, is a never-married born-again single graduate with no kid, and a former general manager, with her own flower company. I seek a healthy, god-fearing Christian man, aged 44-52 years, who is in business or in a career. Tell Pastor Patrick (**0725 290 624**) you will meet him after you talk to me. See Covenant Marriage Pastor Facebook page.

Joan, 35, is a never-married, born again lady with no child, working and living in Nairobi. She is looking for a mature man, aged 36-42 years, living and working in Nairobi. He must be born again, with or without a child, and should be ready for a serious relationship leading to marriage. Email: joanmary95@gmail.com.

Lynette Njeri, born in 1976, is a light-skinned, hardworking university graduate of above average height, working in the corporate world in Nairobi. She has strong family values and desires to get into a serious relationship with a Christian man aged 35 to 45 years. He should be

tall, stable and professionally employed or in business. Email: Rmumbi.gicheru@yahoo.com.

MEN SEEKING WOMEN

I am Martin, 32, an ordinary Kenyan from Kiambu County. I'm an honest and hardworking self-employed man. I'm looking for a beautiful Catholic or PCEA lady with or without a daughter, aged 21-23 years, who is ready to settle down in marriage. She should be from Kiambu or Kirinyaga. SMS your profile to **0786 147 354** and I will call back.

Javier, 48, is Finnish and married. He seeks a woman for a serious interracial relationship as a second wife and ready to make life worth living in good health and prosperity. Interested? Call/SMS **0726 022 811**.

I'm Tony in my late twenties. I work and live in Nairobi. I seek a single and financially stable lady, aged 23-32 years, with no kids. She should be HIV-negative. Kindly contact me on **0724 029 184** for a serious relationship.

I am an honest, mature, born again graduate and gentleman from Mt Kenya who loves reading and sports. I want a saved graduate/college-trained lady, aged 27-40 years, without a child, from Coast/Ukambani/central/Mt Kenya communities. I will tell you more after you send your profile. SMS **0722 140 107** and let's trust God it can work. Loner guy.

Samuel Wambua, 35, is born again and financially stable. I'm looking for a born again Christian lady, aged 20 to 35 years. The lady should be ready for a great modern wedding. Call **0733 136 137**, 0711 625 625.

Call me Moses Mwenda, 50, widowed with two adult children and majority shareholder in a leading bank. I prefer to date widely, a fairly-educated Christian lady aged 34 and above, without/with kids. Tell Pastor Patrick (**0726 674 562**) of your readiness to date in the light through him. Check Covenant Marriage Pastor Facebook page.

Son of Kenyan immigrant **Carl Lewis**, seeks friendship. Your imagination, initiative and your indignation determine whether we build a family where progress is the servant of our needs. For in your time we have the opportunity to move not only toward the rich family, but upward to the great family. For more of my profile call **0720 767 151**.

I am Patrick, a 48-year-old divorcee with three children. I live in Kajiado County but work in Nairobi. I am looking for a woman aged 38 years and above for a long-term relationship. I am financially stable, outgoing and popular. If interested call or SMS **0775 035 619**.

I am Joel, a 30-year-old man from Nyahururu. I'm looking for a mature, honest, smart, financially stable lady, age 40 and above. Call/SMS **0731 290 947**.

Aziz, 49, a HIV-negative, stable and good-looking Asian man wants to meet a white or Arab/ Swahili lady or a light-skinned African lady who is mature, beautiful and not materialistic. She should be a professional or in business. Call **0738 491 413**.

AGENCIES

Welcome to Glory to Glory. We have connected hundreds of singles over the years with 95 per cent success. Our members come from all faiths, tribes and professions all over the world. Our members are finely selected and vetted, so whether you are HIV-positive or negative or barren, etc, don't be lonely. Call/SMS **0700 572 596** and be our member.

Royal's Dating Agency specialises in dating services for lonely hearts. Confidentially contact us if you are lonely, widowed, divorced, separated, single or physically challenged and we will link you with an appropriate partner/ spouse immediately, regardless of your age, tribe, race or HIV status. Satisfying result guaranteed. So don't hold back, contact us: royalsdating@gmail.com. Call/SMS/WhatsApp **0701 252 588**.

Gracious Partners of P.O Box 26317-00100, provides dating/counselling services exclusively to HIV-positive persons. We respect our members. Are you HIV-positive and looking for love, relationship, company or just friendship? We have hundreds of members of all ages from 18, from all regions, professions, tribes and faiths. To get matching contacts, write/call/SMS/ your profile to **0701 958 665** or email graciouspartners@gmail.com.

Pinevelvet Dating Services P.O Box 77565-00611, Nairobi, is run by a team of dedicated relationship experts to link you with your preferred partner in confidence. Send us your profile indicating the profile of the partner you want. Whether HIV-positive, widowed, divorced, separated or single, we will find someone for you. Email: Pinevelvetdatsev@gmail.com. Call/SMS **0713 784 636, 0736 926 031**.

Majesty's International Dating Club is run by relationship experts to link you up with your dream partner. Single, lonely, widowed, divorced or bored with your relationship? Leave the search to us. We deal with all statuses. Visit NCM House, 5th floor, Suite 1, Tom Mboya Street, opposite Odeon Cinema, Nairobi. Call/SMS **0720 473 396, 0734 580 502**. Email: majestysdatex@gmail.com.

www.drlovemagazine.com is your one-stop solution for a partner, manned by Auntie Tabby your longest serving family therapist. We adhere to moral uprightness and have passion for working marriages. Email your choice directly or call Auntie Tabby. Office: Commerce House, Moi Avenue, 2nd floor, room 201. Telephone: **0721 991 322/ 0737 991 322 / 0722 881 141/020 222 0532**. Email: heartsofgoldtrusty@yahoo.com

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LOVE NUGGETS

How to social-media-proof your relationship

Social media has been invaluable in keeping people connected. The flip side is that it can if left unchecked, it can cause friction in many ways ranging from one being addicted to social media to one partner's social media activity triggering feelings of insecurity in the other. Here are tips on how to strike a balance and also how to interact with your love interest online;

- **When someone flirts with him** – The trick usually is learning to see the posts on his profile for what they are and not for what they aren't. To interact with your partner on social media you need trust. This way, you will be able to see all those likes and comments on his photos as compliments to you that you are with such a good-looking or witty man.
- **Cut him some slack** – Remember that

your man has no control over what other people write on his wall, and pay attention only to his responses. If you find yourself boiling over a comment that another person made pause and think: Is it the comment that got to you or is it your own insecurities? Similarly, your man had a life before you met and there may be pictures of him looking happy with an ex out there on the net. You can't berate him for having a past.

- **Benefit of doubt** – Seeing as you do not get to see the other person's facial expression or their tone when they post something there is always room for misinterpretation on social media. If you see a picture of him with another woman or a comment from a woman saying that yesterday was great, before you lash out, ask him to explain. Giving your man the benefit of doubt when it comes to social

media will serve your relationship better. Don't make accusations, ask directly.

- **Setting boundaries** – Set ground rules from the onset so that social media does not become a source of friction to begin with. Discuss about the things that either of you can or can't share about your relationship. If one of you values their privacy, then the other partner should respect and be aware of the other individual's comfort zones. Talking about it will eliminate the grey areas.
- **Going offline** – The Internet can prove to be of great help in keeping connected especially in a long-distance relationship. However, if you get to see your significant other more often, make sure that time spent together is well spent by going offline so that you can reconnect in person. You can set rules together like having no phones in bed or during dinner.

- **It's not always healthy** – Regardless of whether or not you trust each other, social media generally isn't healthy for relationships. There is too much leeway for issues to be misinterpreted and for partners to read too much into things. If you are able to, you might consider staying out of each other's social media pages and instead focusing on your offline relationship. Also, be careful not to substitute offline affection with Facebook affection. Whether or not you gushed about him on Facebook, he needs to hear it and see it in your actions.
- **If you need to remain friends on social media**, refrain from sharing an account because as much as you are an item, each of you is an individual. Merging all sections of your life may make you lose this individuality.

- JOAN THATIAH